

# SWIRCA & More

## Nutrition Menu August 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Normandy Blend Bread/Margarine Mixed Fruit Milk</p>	<p>4</p> <p>Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg. Pudding Milk</p>	<p>5</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>6</p> <p>BBQ Pork on Bun AuGratin Potatoes Broccoli Cookie Milk</p>	<p>7</p> <p>Meatloaf w/Gravy Mashed Potatoes Brussel Spouts Fresh Fruit Bread/Marg Milk</p>
<p>10</p> <p>Chopped Steak w/Gravy Mashed Potatoes Key West Blend Apricots Bread/Marg Milk</p>	<p>11</p> <p>BBQ Chicken Baby Bakers Carrots Bread/Marg Peaches Milk</p>	<p>12</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>13</p> <p>Sloppy Joe on Bun Cheesy Potatoes Seasoned Green Beans Oreo Cookies Milk</p>	<p>14</p> <p>Chili Mac Corn Spiced Applesauce Toss Salad w/Dsg Bread/Marg Milk</p>
<p>17</p> <p>Quarter Pound Frank on Bun Baked Beans Hash Brown Pattie Pineapple Chunks Milk</p>	<p>18</p> <p>Beef &amp; Noodles Baby Bakers Carrots Bread/Margarine Peaches Milk</p>	<p>19</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>20</p> <p>Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk</p>	<p>21</p> <p>Hard Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk</p>
<p>24</p> <p>Chicken &amp; Noodles Peas &amp; Carrots Biscuit Fresh Fruit Milk</p>	<p>25</p> <p>Hamburger on Bun Chuckwagon Corn Spinach Apricots Milk</p>	<p>26</p> <p>MEAL SITES</p> <p>CLOSED</p>	<p>27</p> <p><u>Birthday Lunch</u> Smoked Pork Chop AuGratin Potatoes Cauliflower Bread/Margarine Birthday Cake Milk</p>	<p>28</p> <p>Pub Style Fish Red Diced Potatoes Mixed Vegetables Dessert Wheat Bread/Margarine Milk</p>
<p>31</p> <p>Parmesan Chicken Baby Bakers Seasoned Green Beans Bread/Margarine Mandarin Oranges Milk</p>			<p>Your meal is provided on a donation basis, whatever you can afford to contribute. There is no set fee or charge. A suggested donation is \$3.50 per meal. Cash, checks, or Food Stamps are accepted</p>	<p><u>Meat/Entrée:</u> 2 ½ -3 oz <u>Veg/Salad/Dessert</u> ½ cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> ½ pint <u>Casseroles:</u> 8oz</p>