

SWIRCA & More

July 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Fish Homemade Macaroni & Cheese Vegetable Blend Wheat Bread/Marg Peaches Milk</p>	<p>4 CLOSED FOR INDEPENDENCE DAY</p>	<p>5 Chicken Pattie Red Skin Potatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>6 Sausage Pattie Pancakes Syrup O'Brien Potatoes Fruit Milk</p>	<p>7 Ham, mac 'n cheese, green beans, dessert</p>
<p>10 Italian Chicken Pattie Cabbage Vegetable Blend Bread/Marg Pudding Milk</p>	<p>11 Chicken & Noodles Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p>	<p>12 Manwich Sloppy Joe On Bun Hash Brown Pattie Green Beans w/Carrots Mixed Fruit Milk</p>	<p>13 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk</p>	<p>14 Lunch provided by Atria</p>
<p>17 Stuffed Bell Pepper Italian Vegetables Creamed Corn Bread Tropical Fruit Milk</p>	<p>18 Chopped Steak w/Gravy Mashed Potatoes Peas Bread Peaches Milk</p>	<p>19 Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk</p>	<p>20 Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Pudding Bread Milk</p>	<p>21 Lunch provided by Humana</p>
<p>24 BBQ Pork Chuckwagon Corn Broccoli Rye Bread Pineapple Chunks Milk</p>	<p>25 Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Roll Milk</p>	<p>26 2-Softshell Taco (1 ½ oz meat each) Black Beans Mexican Rice Cheese/Lettuce Cookie Milk</p>	<p>27 Sausage Pattie Country Gravy Southern Style Gravy O'Brien Potatoes Banana Milk</p>	<p>28 Lunch provided by Hamilton Pointe</p>
<p>31 Hamburger on Bun Baked Beans Brussel Spouts Fruit Milk</p>			<p>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</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>