

# Ivy Café & More

July 2016

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Operated by the <b>SWIRCA &amp; More</b> 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>		<p>1</p> <p>Red, White and Blue Food carry-in Bring a dish to share (even if it's not red, white or blue)</p>
<p>4 CLOSED  FOR  INDEPENDENCE Day  HOLIDAY</p>	<p>5 Cheeseburger on Bun Baked Beans Cauliflower Pears Bread/Margarine Milk</p>	<p>6 <u>National Fried Chicken Day</u> Oven Fried Chicken Root Vegetables Brussel Sprouts Pudding Milk</p>	<p>7 Salisbury Steak w/Gravy Mashed Potatoes Carrots Snack Cake Bread/Marg Milk</p>	<p>8  Lunch provided by Home Instead Health Care</p>
<p>11 Parmesan Chicken Baby Bakers Green Beans Bread/Marg Tropical Fruit Milk</p>	<p>12 Ham &amp; Beans Tomato Salad Cornbread Fruit Crisp Milk</p>	<p>13 Stuffed Chicken Red Skin Potatoes Broccoli Bread/Marg Apricots Milk</p>	<p>14 BBQ Riblet on Bun Cheesy Potatoes Peas Pears Milk</p>	<p>15  Lunch provided by Humana</p>
<p>18 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Fresh Fruit Milk</p>	<p>19 Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread Peaches Milk</p>	<p>20 Sloppy Joe on Bun Hash Brown Potato Zucchini Mandarin Oranges Milk</p>	<p>21 BBQ Pork Chuckwagon Corn Spinach Rye Bread/Marg Applesauce Milk</p>	<p>22  Luau: ham sandwiches, melons, pineapple, chips, mango</p>
<p>25 BBQ Chicken Roasted Sweet Potatoes Broccoli Bread/Margarine Mixed Fruit Milk</p>	<p>26 Smoked Pork Chop Garlic Diced Potatoes Green Beans w/Carrots Pineapple Chunks Bread/Margarine Milk</p>	<p>27 Penne Pasta w/Meat Sauce Corn Spiced Peaches Texas Toast Milk</p>	<p>28 Smoked Sausage Sauerkraut Mashed Potatoes Cinnamon Apples Wheat Bread/Marg. Milk</p>	<p>29  Fettuccini Alfredo with chicken and broccoli, salad and garlic bread</p>

