

SWIRCA & More

Nutrition Menu June 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Chicken & Noodles Peas & Carrots Southern Style Biscuit Fresh Fruit Milk</p>	<p>2</p> <p>Hamburger on Bun Chuckwagon Corn Spinach Apricots Milk</p>	<p>3</p> <p>MEAL SITES CLOSED</p>	<p>4</p> <p>Smoked Pork Chop AuGratin Potatoes Cauliflower Bread Cherry Ambrosia Milk</p>	<p>5</p> <p>Pub Style Fish Red Skin Potatoes Mixed Vegetables Dessert Wheat Bread/Marg Milk</p>
<p>8</p> <p>Parmesan Chicken Baby Bakers Seasoned Green Beans Bread/Margarine Mandarin Oranges Milk</p>	<p>9</p> <p>BBQ Riblet on Bun Homemade Macaroni & Cheese Vegetable Blend Pears Milk</p>	<p>10</p> <p>MEAL SITES CLOSED</p>	<p>11</p> <p>Stuffed Green Pepper Garlic Mashed Potatoes Peas Bread/Marg Fig Cookie Milk</p>	<p>12</p> <p>Penne Pasta w/Meat Sauce Italian Green Beans Warm Spiced Peaches Texas Toast Lettuce Salad w/Dressing Milk</p>
<p>15</p> <p>Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>16</p> <p>Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk</p>	<p>17</p> <p>MEAL SITES CLOSED</p>	<p>18</p> <p>Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Fruit Milk</p>	<p>19</p> <p>Jambalaya Yam Patties Toss Salad w/Dressing Cornbread Spiced Peaches Milk</p>
<p>22</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Normandy Vegetables Bread/Marg Mixed Fruit Milk</p>	<p>23</p> <p>Grilled Chicken Pattie Red Skin Potatoes Mixed Vegetables Bread/Marg Pudding Milk</p>	<p>24</p> <p>MEAL SITES CLOSED</p>	<p>25</p> <p><u>Birthday Lunch</u> BBQ Pork on Bun AuGratin Potatoes Broccoli Birthday Cake Milk</p>	<p>26</p> <p>Ham & Beans (8oz) Coleslaw Cornbread Warm Spiced Applesauce Milk</p>
<p>29</p> <p>Chopped Steak w/Gravy Mashed Potatoes Key West Blend Bread/Marg Apricots Milk</p>	<p>30</p> <p>BBQ Chicken Lima Beans Broccoli Rye Bread Fresh Fruit 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>