

SWIRCA & More

June 2017

Monday	Tuesday	Wednesday	Thursday	Friday
<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>Veget/Salad/Dessert</u> ½ cup <u>Margarine</u> 1 teaspoon <u>Bread</u> 1 slice <u>Milk</u> ½ pint <u>Casseroles</u> 6oz</p>		<p>1 Ham & Beans Pickled Beets Cornbread Fruit Crisp Milk</p>	<p>2 Sloppy Joes Baked beans Potato salad</p>
<p>5 Stuffed Bell Pepper Italian Vegetables Creamed Corn Bread Tropical Fruit Milk</p>	<p>6 Chopped Steak w/Gravy Mashed Potatoes Peas Bread Peaches Milk</p>	<p>7 Polish Sausage on Bun Mixed Vegetables Zucchini & Tomatoes Pears Milk</p>	<p>8 Cubed Pork Pattie w/Gravy Cheesy Potatoes Spinach Pudding Bread Milk</p>	<p>9 Lunch provided By Atria</p>
<p>12 BBQ Pork Chuckwagon Corn Broccoli Rye Bread Pineapple Chunks Milk</p>	<p>13 Oven Fried Chicken Macaroni & Cheese Vegetable Blend Mandarin Oranges Roll Milk</p>	<p>14 2-Softshell Taco (1 ½ oz meat each) Black Beans Mexican Rice Cheese/Lettuce Cookie Milk</p>	<p>15 Sausage Pattie Country Gravy Southern Style Gravy O'Brien Potatoes Banana Milk</p>	<p>16 Lunch provided By Humana</p>
<p>19 Hamburger on Bun Baked Beans Brussel Spouts Fruit Milk</p>	<p>20 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Bread/Marg Snack Cake Milk</p>	<p>21 Jambalaya (1 cup) Spiced Peaches Cornbread Toss Salad w/Dsg Milk</p>	<p>22 Parmesan Chicken Baby Bakers Cauliflower Bread/Marg Fruit Crisp Milk</p>	<p>23 Lunch provided By Hamilton Pointe</p>
<p>26 Penne Pasta w/Meat Sauce Italian Veggie Corn Tropical Fruit Texas Toast Milk</p>	<p>27 Meatloaf w/Gravy Mashed Potatoes Peas Bread w/Marg Fresh Fruit Milk</p>	<p>28 Boneless BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk</p>	<p>29 Quarter Pound Frank on Bun Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>30 Soup Sandwich Salad</p>