

SWIRCA & More

Nutrition Menu October 2015

Monday	Tuesday	Wednesday	Thursday	Friday
<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 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk</p>	<p>2 Hard Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk</p>
<p>5 Chicken Cordon Bleu Sweet Potatoes Broccoli Bread/Margarine Pudding Milk</p>	<p>6 Smoked Pork Chop AuGratin Potatoes Peas Wheat Bread/Marg Pears Milk</p>	<p>7 MEAL SITES CLOSED</p>	<p>8 Ham & Beans Spinach Cornbread Cookie Milk</p>	<p>9 Homemade Chili Peanut & Jelly Sandwich Warm Spiced Apples Crackers (2) Fig Newton Milk</p>
<p>12 CLOSED COLUMBUS DAY</p>	<p>13 Quarter Pound Frank on Bun Baked Beans Mixed Vegetables Pineapple Chunks Milk</p>	<p>14 MEAL SITES CLOSED</p>	<p>15 Hamburger on Bun Chuckwagon Corn Spiced Peaches Oreos Milk</p>	<p>16 Egg Sausage Pattie Country Gravy Biscuit Danish Orange Milk</p>
<p>19 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>20 Pub Style Fish Red Diced Potatoes Mixed Vegetables Peaches Wheat Bread/Marg Milk</p>	<p>21 MEAL SITES CLOSED</p>	<p>22 <u>Birthday Lunch</u> Chopped Steak w/Gravy Mashed Potatoes Brussel Sprouts Birthday Cake Bread/Marg Milk</p>	<p>23 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Banana Graham Crackers Milk</p>
<p>26 BBQ Riblet on Bun Homemade Macaroni & Cheese Vegetable Blend Pears Milk</p>	<p>27 Homemade Beef Stew Buttered Cabbage Biscuit Mandarin Oranges Milk</p>	<p>28 MEAL SITES CLOSED</p>	<p>29 Parmesan Chicken Baby Bakers Carrots Bread/Margarine Mixed Fruit Milk</p>	<p>30 Chicken & Dumplings Stewed Tomatoes Warm Spiced Applesauce Roll/ Marg Milk</p>