

# SWIRCA & More

## Nutrition Menu July 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 1/2 - 3 oz <u>Veg/Salad/Dessert:</u> 1/2 cup <u>Margarine:</u> 1 teaspoon <u>Bread:</u> 1 slice <u>Milk:</u> 1/2 pint <u>Casserole:</u> Box</p>	<p>1 MEAL SITES CLOSED</p>	<p>2 Sloppy Joe on Bun Cheesy Potatoes Seasoned Green Beans Oreo Cookies Milk</p>	<p>3 CLOSED FOR INDEPENDENCE DAY HOLIDAY</p>
<p>6 Quarter Pound Frank on Bun Baked Beans Hash Brown Pattie Pineapple Chunks Milk</p>	<p>7 Beef &amp; Noodles Baby Bakers Carrots Bread/Margarine Peaches Milk</p>	<p>8 MEAL SITES CLOSED</p>	<p>9 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Sour Cream Muffin Milk</p>	<p>10 Hard Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Orange Milk</p>
<p>13 Chicken &amp; Noodles Peas &amp; Carrots Biscuit Fresh Fruit Milk</p>	<p>14 Hamburger on Bun Chuckwagon Corn Spinach Apricots Milk</p>	<p>15 MEAL SITES CLOSED</p>	<p>16 Smoked Pork Chop AuGratin Potatoes Cauliflower Bread/Margarine Cherry Ambrosia Milk</p>	<p>17 Pub Style Fish Red Diced Potatoes Mixed Vegetables Dessert Wheat Bread/Margarine Milk</p>
<p>20 Parmesan Chicken Baby Bakers Seasoned Green Beans Bread/Margarine Mandarin Oranges Milk</p>	<p>21 BBQ Riblet on Bun Homemade Macaroni &amp; Cheese Normandy Blend Pears Milk</p>	<p>22 MEAL SITES CLOSED</p>	<p>23 <u>Birthday Lunch</u> Stuffed Green Pepper Mashed Potatoes Cauliflower Bread/Margarine Birthday Cake Milk</p>	<p>24 Penne Pasta w/Meat Sauce Italian Beans Warm Spiced Peaches Texas Toast Lettuce Salad w/Dsg Milk</p>
<p>27 Smoked Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Marg Milk</p>	<p>28 Cheeseburger on Bun Baked Beans Corn Fruit Cocktail Milk</p>	<p>29 MEAL SITES CLOSED</p>	<p>30 Hard-Boiled Egg Sausage Pattie Country Gravy Biscuit Fresh Fruit Milk</p>	<p>31 Jambalaya Yam Patties Toss Salad w/Dressing Cornbread Spiced Peaches Milk</p>