

SWIRCA & More

July 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Strawberry Delight Cookie Milk</p>	<p>3 Sausage Pattie Fried Egg Potatoes O'Brien Spiced Peaches Danish Milk</p>	<p>4 CLOSED FOR INDEPENDENCE DAY!!</p>	<p>5 Italian Chicken Pattie Stewed Tomatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>6 Lunch sponsored by Cypress Grove</p>
<p>9 Smoked Pork Chop Scalloped Potatoes Normandy Blend Wheat Bread/Marg Pineapple Chunks Milk</p>	<p>10 Salisbury Steak w/Gravy Mashed Potatoes Broccoli Cookie Bread/Marg Milk</p>	<p>11 Manwich Sloppy Joe on Bun Roasted Red Skin Potatoes Green Beans w/Carrots Mixed Fruit Cup Milk</p>	<p>12 Ham & Beans Sweet n Sour Coleslaw Cornbread Fruit Crisp Milk</p>	<p>13 Lunch sponsored by Atria Senior Living</p>
<p>16 Chopped Steak w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p>17 Lasagna Roll Up Italian Vegetables Warm Spiced Apples Texas Toast Milk</p>	<p>18 Baked Chicken Garlic Mashed Potatoes Peas & Carrots Bread/Marg Pineapple Chunks Milk</p>	<p>19 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Milk</p>	<p>20 Stuffed cabbage rolls/stuffed peppers sponsored by Alan Gomoll</p>
<p>23 Cheeseburger on Bun Baked Beans Chuckwagon Corn Apricots Milk</p>	<p>24 Sausage Pattie Biscuit & Gravy Fried Egg Fresh Fruit Milk</p>	<p>25 (2) Soft Shell Tacos (1 ½ oz meat each) Mexican Rice Black Beans Cheese/Lettuce Snack Cake Milk</p>	<p>26 BBQ Pork Homemade Macaroni & Cheese Vegetable Blend Rye Bread Mandarin Oranges Milk</p>	<p>27 Lunch sponsored by Hamilton Pointe</p>
<p>30 Homemade Goulash Seasoned Green Beans Cornbread Pudding Cup Milk</p>	<p>31 Pork Pattie w/Gravy Roasted Sweet Potatoes Seasoned Green Beans Bread/Marg Pineapple Chunks 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 <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>Operated by the SWIRCA & More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>