

SWIRCA & More

August 2019

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 \$3.00 per meal. Cash, checks, or Food Stamps are accepted.</p> <p>Meat/Entrée: 2 + 3 oz Veg/Salad/Dessert 1 cup Margarine: 1 teaspoon Bread: 1 slice Milk: 1/2 pint Casseroles: 8oz</p>		<p>1 Ham & Beans Spinach Cornbread Snack Cake Milk</p>	<p>2 Lunch By Cypress Grove</p>
<p>5 Spaghetti w/Meat Sauce Italian Green Beans Warm Spiced Peaches Cookies Texas Toast Milk</p>	<p>6 Pork Poutine Brussel Sprouts Cinnamon Applesauce Wheat Bread/Marg Milk</p>	<p>7 Homemade Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Pear Cup Milk</p>	<p>8 Grilled Chicken Patti Cheesy Potatoes Buttered Carrots Bread/Marg Cookies</p>	<p>9 Lunch by Newburgh Senior Center</p>
<p>12 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>13 Italian Chicken Pattie on Bun Baked Beans Broccoli Fresh Fruit Milk</p>	<p>14 Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Peach Cup Danish Milk</p>	<p>15 Homburger on Bun Tri Taters (2) French Style Green Beans Cookies Milk</p>	<p>16 Lunch by the Islamic Center</p>
<p>19 Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Pudding Cup Milk</p>	<p>20 Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookie Milk</p>	<p>21 BBQ Chicken Cauliflower AuGratin Peas Rye Bread/Margarine Peach Cup Milk</p>	<p>22 Smoked Pork Chop Scalloped Potatoes California Blend Veg Wheat Bread/Marg Cupcake Milk</p>	<p>23 Lunch by Hamilton Pointe</p>
<p>26 BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>27 Chopped Steak w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Margarine Snack Cake</p>	<p>28 Cabbage Roll Italian Vegetables Corn Tropical Fruit Cup Bread/Margarine Milk</p>	<p>29 Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Margarine Fresh Fruit Milk</p>	<p>30 PORKPALOOZA Kick off lunch Pulled pork Sandwich, baked beans, cole slaw, dessert</p>