

# SWIRCA & More

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Bread/Margarine Pineapple Cup Milk</p>	<p>2</p> <p>Italian Chicken Pattie on Bun Baked Beans Broccoli Fresh Fruit Milk</p>	<p>3</p> <p>Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Peach Cup Danish Milk</p>	<p>4</p> <p>INDEPENDENCE DAY  CLOSED</p>	<p>5</p> <p>Lunch sponsored by Cypress Grove</p>
<p>8</p> <p>Manwich Sloppy Joe on Bun Red Skin Potatoes Sugar Snap Peas Pudding Cup Milk</p>	<p>9</p> <p>Salisbury Steak w/Gravy Mashed Potatoes Brussel Sprouts Bread/Margarine Cookie Milk</p>	<p>10</p> <p>BBQ Turkey Cauliflower AuGratin Peas Rye Bread/Margarine Peach Cup Milk</p>	<p>11</p> <p>Smoked Pork Chop Scalloped Potatoes California Blend Veg Wheat Bread/Marg Cupcake Milk</p>	<p>12</p> <p>Lunch sponsored by Signature Health Care</p>
<p>15</p> <p>BBQ Riblet on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>16</p> <p>Chopped Steak w/Gravy Mashed Potatoes Seasoned Green Beans Bread/Margarine Snack Cake</p>	<p>17</p> <p>Cabbage Roll Italian Vegetables Corn Tropical Fruit Cup Bread/Margarine Milk</p>	<p>18</p> <p>Chicken Parmesan Baby Bakers Cauliflower Wheat Bread/Margarine Fresh Fruit Milk</p>	<p>19</p> <p>Lunch sponsored by the Islamic Center</p>
<p>22</p> <p>Hamburger on Bun Corn Baked Beans Pear Cup Milk</p>	<p>23</p> <p>Oven Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Marg Pineapple Cup Milk</p>	<p>24</p> <p>Sausage Pattie Hard-Boiled Egg Country Gravy Southern Style Biscuit Warm Spiced Apples Milk</p>	<p>25</p> <p>BBQ Pork Homemade Macaroni &amp; Cheese Mixed Vegetables Rye Bread/Marg Mandarin Orange Cup Milk</p>	<p>26</p> <p>Lunch sponsored by Hamilton Pointe</p>
<p>29</p> <p>Chicken &amp; Noodles Mashed Potatoes Green Beans Bread/Marg Moon Pie Milk</p>	<p>30</p> <p>Pork Fritter w/Gravy Roasted Sweet Potatoes Broccoli Wheat Bread/Marg Mixed Fruit Cup Milk</p>	<p>31</p> <p>Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Pudding Cup Bread/Marg Milk</p>	<p>Operated by the SWIRCA &amp; 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>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>