**SWIRCA & More**

**July 2018**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **2**  **Country Fried Steak**  **Garlic Mashed Potatoes**  **Broccoli**  **Bread/Marg**  **Strawberry Delight Cookie**  **Milk** | **3**  **Sausage Pattie**  **Fried Egg**  **Potatoes O’Brien**  **Spiced Peaches**  **Danish**  **Milk** | **4**  **CLOSED**  **FOR**  **INDEPENDENCE**  **DAY!!** | **5**  **Italian Chicken Pattie**  **Stewed Tomatoes**  **Brussel Sprouts**  **Bread/Marg**  **Pie**  **Milk** | **6**  **Fish**  **Homemade Macaroni & Cheese**  **Vegetable Blend**  **Mandarin Oranges**  **Wheat Bread/Milk**  **Milk** |
| **9**  **Smoked Pork Chop**  **Scalloped Potatoes**  **Normandy Blend**  **Wheat Bread/Marg**  **Pineapple Chunks**  **Milk** | **10**  **Salisbury Steak w/Gravy**  **Mashed Potatoes**  **Broccoli**  **Cookie**  **Bread/Marg**  **Milk** | **11**  **Manwich Sloppy Joe on Bun**  **Roasted Red Skin Potatoes**  **Green Beans w/Carrots**  **Mixed Fruit Cup**  **Milk** | **12**  **Ham & Beans**  **Sweet n Sour Coleslaw**  **Cornbread**  **Fruit Crisp**  **Milk** | **13**  **Stuffed Green Pepper**  **Mashed Potatoes**  **Cauliflower**  **Bread/Marg**  **Fruit Cup**  **Milk** |
| **16**  **Chopped Steak w/Gravy**  **Mashed Potatoes**  **Peas**  **Bread/Marg**  **Fresh Fruit**  **Milk** | **17**  **Lasagna Roll Up**  **Italian Vegetables**  **Warm Spiced Apples**  **Texas Toast**  **Milk** | **18**  **Baked Chicken**  **Garlic Mashed Potatoes**  **Peas & Carrots**  **Bread/Marg**  **Pineapple Chunks**  **Milk** | **19**  **BBQ Riblet on Bun**  **Cheesy Potatoes**  **Spinach**  **Pudding**  **Milk** | **20**  **Polish Sausage**  **Mashed Potatoes**  **Sauerkraut**  **Rye Bread/Marg**  **Banana**  **Milk** |
| **23**  **Cheeseburger on Bun**  **Baked Beans**  **Chuckwagon Corn**  **Apricots**  **Milk** | **24**  **Sausage Pattie**  **Biscuit & Gravy**  **Fried Egg**  **Fresh Fruit**  **Milk** | **25**  **(2) Soft Shell Tacos (1 ½ oz meat each)**  **Mexican Rice**  **Black Beans**  **Cheese/Lettuce**  **Snack Cake**  **Millk** | **26**  **BBQ Pork**  **Homemade Macaroni & Cheese**  **Vegetable Blend**  **Rye Bread**  **Mandarin Oranges**  **Milk** | **27**  **Smoked Sausage, Green Beans & Potato Casserole**  **Brussel Sprouts**  **Spiced Peaches**  **Bread/Marg**  **Milk** |
| **30**  **Homemade Goulash**  **Seasoned Green Beans**  **Cornbread**  **Pudding Cup**  **Milk** | **31**  **Pork Pattie w/Gravy**  **Roasted Sweet Potatoes**  **Seasoned Green Beans**  **Bread/Marg**  **Pineapple Chunks**  **Milk** |  | **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**  **Meat/Entrée:**  **2 ½ -3 oz**  **Veg/Salad/Dessert**  **½ cup**  **Margarine:1 teaspoon**  **Bread: 1 slice**  **Milk: ½ pint**  **Casseroles: 8oz** | **Operated by the SWIRCA & More Nutrition Program**  **16 W. Virginia St**  **Evansville, Indiana**  **812-464-7807** |