**SWIRCA & More**

**August 2018**

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| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **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** | **1**  **Baked Stuffed Potato w/Taco Meat**  **Broccoli**  **Shredded Cheese**  **Shredded Lettuce**  **Cookie**  **Milk** | **2**  **Chicken Parmesan**  **Baby Bakers**  **Tomatoes w/Corn**  **Bread/Marg**  **Peaches**  **Milk** | **3**  **Jambalaya**  **Carrots**  **Cornbread**  **Cookies**  **Milk** |
| **6**  **Spaghetti w/Meat Sauce**  **Italian Green Beans**  **Buttered Corn**  **Tropical Fruit Cup**  **Texas Toast**  **Milk** | **7**  **BBQ Chicken**  **Cheesy Potatoes**  **Spinach**  **Rye Bread/Marg**  **Pudding**  **Milk** | **8**  **Meatloaf w/Gravy**  **Mashed Potatoes**  **Peas**  **Bread/Marg**  **Fresh Fruit**  **Millk** | **9**  **Quarter Pound Frank on Bun**  **Mixed Vegetables**  **Cauliflower**  **Pears**  **Milk** | **10**  **Stuffed Green Pepper**  **Mashed Potatoes**  **Cauliflower**  **Bread/Marg**  **Fruit Cup**  **Milk** |
| **13**  **Country Fried Steak**  **Garlic Mashed Potatoes**  **Broccoli**  **Bread/Marg**  **Strawberry Delight Cookie**  **Milk** | **14**  **Sausage Pattie**  **Fried Egg**  **Potatoes O’Brien**  **Spiced Peaches**  **Danish**  **Milk** | **15**  **Italian Chicken Pattie**  **Stewed Tomatoes**  **Brussel Sprouts**  **Bread/Marg**  **Pie**  **Milk** | **16**  **Hamburger on Bun**  **Baked Beans**  **Corn**  **Applesauce Cup**  **Milk** | **17**  **Fish**  **Homemade Macaroni & Cheese**  **Vegetable Blend**  **Mandarin Oranges**  **Wheat Bread/Milk**  **Milk** |
| **20**  **Smoked Pork Chop**  **Scalloped Potatoes**  **Normandy Blend**  **Wheat Bread/Marg**  **Pineapple Chunks**  **Milk** | **21**  **Salisbury Steak w/Gravy**  **Mashed Potatoes**  **Broccoli**  **Cookie**  **Bread/Marg**  **Milk** | **22**  **Manwich Sloppy Joe on Bun**  **Roasted Red Skin Potatoes**  **Green Beans w/Carrots**  **Mixed Fruit Cup**  **Milk** | **23**  **Ham & Beans**  **Sweet n Sour Coleslaw**  **Cornbread**  **Fruit Crisp**  **Milk** | **24**  **Chicken & Noodle Casserole**  **Mashed Potatoes**  **Spiced Peaches**  **Pudding Cup**  **Bread/Marg**  **Milk** |
| **27**  **Chopped Steak w/Gravy**  **Mashed Potatoes**  **Peas**  **Bread/Marg**  **Fresh Fruit**  **Milk** | **28**  **Lasagna Roll Up**  **Italian Vegetables**  **Warm Spiced Apples**  **Texas Toast**  **Milk** | **29**  **Baked Chicken**  **Garlic Mashed Potatoes**  **Peas & Carrots**  **Pineapple Chunkcs**  **Bread/Marg**  **Milk** | **30**  **BBQ Riblet on Bun**  **Cheesy Potatoes**  **Spinach**  **Pudding**  **Milk** | **31**  **Sausage Pattie**  **Hard-Boiled Egg**  **Hash Brown or Tri Tater**  **Fruit Cup**  **Danish**  **Milk** |