**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** |