

SWIRCA & More

September 2018

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 LABOR DAY HOLIDAY CLOSED</p>	<p>4 Cheeseburger on Bun Baked Beans Chuckwagon Corn Apricots Milk</p>	<p>5 Sausage Pattie Country Gravy Southern Style Biscuit Hash Brown Pattie Fresh Fruit</p>	<p>6 Soft Shell Tacos (1 ½ oz meat each) Mexican Rice Black Beans Cheese/Lettuce Snack Cake Milk</p>	<p>7 BBQ Pork Homemade Macaroni & Cheese Vegetable Blend Rye Bread/Marg Mandarin Oranges Milk</p>
<p>10 Homemade Goulash Seasoned Green Beans Cornbread Pudding Cup Milk</p>	<p>11 Pork Pattie w/Gravy Roasted Sweet Potatoes Green Peas Bread/Marg Pineapple Chunks Milk</p>	<p>12 Stuffed Baked Potato w/Taco Meat Broccoli Shredded Cheese Shredded Lettuce Bread/Marg Cookie Milk</p>	<p>13 Chicken Parmesan Baby Bakers Tomatoes w/Corn Bread/Marg Peaches Milk</p>	<p>14 Jambalaya (1 cup) Carrots Cornbread Cookies Milk</p>
<p>17 Spaghetti w/Meat Sauce Italian Green Beans Buttered Corn Tropical Fruit Cup Texas Toast Milk</p>	<p>18 BBQ Chicken Cheesy Potatoes Spinach Rye Bread/Marg Pudding Milk</p>	<p>19 Quarter Pound Frank on Bun Mixed Vegetables Cauliflower Pears Milk</p>	<p>20 Meatloaf w/Gravy Mashed Potatoes Peas Bread/Marg Fresh Fruit Milk</p>	<p>21 Stuffed Green Pepper Mashed Potatoes Cauliflower Bread/Marg Fruit Cup Milk</p>
<p>24 Country Fried Steak Garlic Mashed Potatoes Broccoli Bread/Marg Strawberry Delight Cookie Milk</p>	<p>25 Sausage Pattie Fried Egg Potatoes O'Brien Spiced Peaches Danish Milk</p>	<p>26 Italian Chicken Pattie Stewed Tomatoes Brussel Sprouts Bread/Marg Pie Milk</p>	<p>27 Hamburger on Bun Baked Beans Corn Applesauce Cup Milk</p>	<p>28 Fish Homemade Macaroni & Cheese Vegetable Blend Mandarin Oranges Wheat Bread/Milk Milk</p>
			<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 \$3.50 per meal. Cash, checks, or Food Stamps are accepted <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>