

# SWIRCA & More

August 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p>Potato Crusted Fish Homemade Macaroni &amp; Cheese Vegetable Blend Wheat Bread/Margarine Mandarin Oranges Milk</p>	<p>4</p> <p>Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Pineapple Cup Bread/Margarine Milk</p>	<p>5</p> <p>Sausage Pattie Country Gravy Biscuit Hash Brown Pattie Applesauce Cup Donut Stick Milk</p>	<p>6</p> <p>Chicken Pattie Baby Bakers Stewed Tomatoes Bread/Margarine Fruit Cup Milk</p>	<p>7</p> <p>BBQ Pork Red Skin Potatoes Chuckwagon Corn Rye Bread/Marg Pudding Cup Milk</p>
<p>10</p> <p>Smoked Pork Chop Scalloped Potatoes Carrots Cupcake Wheat Bread/Marg Milk</p>	<p>11</p> <p>Salisbury Steak w/Gravy Brussel Sprouts Cookies Bread/Margarine Milk</p>	<p>12</p> <p>Italian Chicken Pattie Cauliflower AuGratin Peas Peach Cup Bread/Margarine Milk</p>	<p>13</p> <p>Sloppy Joe on Bun Red Skin Potatoes Broccoli Snake Cake Milk</p>	<p>14</p> <p>Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Wheat Bread/Margarine Milk</p>
<p>17</p> <p>BBQ Boneless Rib on Bun Cheesy Potatoes Spinach Pudding Cup Milk</p>	<p>18</p> <p>Chicken Parmesan Mixed Vegetables Cauliflower Pear Cup Bread/Margarine Milk</p>	<p>19</p> <p>Cabbage Roll Italian Vegetables Warm Spiced Peaches Bread/Margarine Cookies Milk</p>	<p>20</p> <p>Chopped Steak w/Gravy Mashed Potatoes Stewed Tomatoes Moon Pie Bread/Margarine Milk</p>	<p>21</p> <p>Chicken Fiesta Rice Broccoli Soft Shell Tortilla Applesauce Cup Milk</p>
<p>24</p> <p>Hamburger on Bun Tater Tots Baked Beans Snack Cake Milk</p>	<p>25</p> <p>BBQ Pork on Bun Homemade Macaroni &amp; Cheese California Blend Pudding Cup Milk</p>	<p>26</p> <p>Chicken Fried Chicken Garlic Mashed Potatoes Brussel Sprouts Bread/Margarine Pineapple Cup Milk</p>	<p>27</p> <p>Sausage Pattie Country Gravy Southern Style Biscuit Potato Pancake Mixed Fruit Cup Milk</p>	<p>28</p> <p>Chili Mac (1cup) French Style Green Beans Cornbread Tropical Fruit Cup Milk</p>
<p>31</p> <p>Sweet &amp; Sour Chicken Rice Pilaf Buttered Carrots Mandarin Oranges Bread/Margarine Milk</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</p> <p><u>Veg/Salad/Dessert</u> ½ cup</p> <p><u>Margarine:</u> 1 teaspoon</p> <p><u>Bread:</u> 1 slice</p> <p><u>Milk:</u> ½ pint</p> <p><u>Casseroles:</u> 8oz</p>	<p>Operated by the SWIRCA &amp; More Nutrition Program 16 W. Virginia St Evansville, Indiana 812-464-7807</p>