

HDM MENU

Please note menus are subject to change without notice. We apologize for any inconvenience.

SERVING SIZES

Meat/Entrée: 2 ½ -3 oz cooked edible meat
Veg/Salad/Fruit/Dessert: ½ cup
Margarine: 1 teaspoon
Bread: 1 slice
Milk: ½ pint
Casserole: 1 Cup

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Sausage Patty Country Gravy Biscuit Hash Brown Pattie Banana Milk	2 Sweet & Sour Meatballs Rice Broccoli Pineapple Cup Milk	3 Goulash Peas Warm Spiced Apples Snack Cake Milk	4 Chicken & Noodles Mashed Potatoes French Style Green Beans Cookie Milk
7 Closed in Observance for Labor Day!	8 Baked Chicken Baby Bakers Vegetable Blend Peach Cup Milk	9 Meatloaf Twice Baked Potato Seasoned Green Beans Strawberry Applesauce Milk	10 Sloppy Joe Hash Brown Pattie Mixed Vegetables Fruit Cup Milk	11 Chicken and Gravy Mashed Potatoes Green Beans Mandarin Oranges Milk
14 BBQ Pork Cheesy Potatoes Carrots Peach Cup Milk	15 Chicken Pattie Red Skin Potatoes Chuckwagon Corn Pear Cup Milk	16 Salisbury Steak w/ gravy Mashed Potatoes Brussel Sprouts Snack Cake Milk	17 Soft Shell Tacos (2) Cheese & Lettuce Spanish Rice Black Beans Chocolate Chip Cookies Milk	18 Smoke Pork Chop Hominy Carrots Strawberry Applesauce Milk
21 Chicken Sweet Potatoes Broccoli Pineapple Cup Milk	22 Polish Sausage Mashed Potatoes Sauerkraut Warm Spiced Apples Milk	23 Chicken w/Creamy Garlic Sauce Baby Bakers Peas Mandarin Oranges Milk	24 Country Fried Steak Garlic Mashed Potatoes Seasoned Green Beans Tropical Fruit Cup Milk	25 Baked Ziti w/ Italian Sausage Italian Vegetable Warm Spiced Peaches Milk
28 Chicken Parmesan Mashed Potatoes California Blend Pudding Cup Milk	29 Pork Pattie w/ Gravy Sweet Potatoes Spinach Applesauce Milk	30 Hamburger Red Skin Potatoes Stewed Tomatoes Jello w/ Fruit Milk		Operated by the SWIRCA & More Nutrition Program. 16 W. Virginia St Evansville, Indiana 812-464-7807

