


SEPTEMBER, 2022

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Menu Posted at: <https://fairhavenservices.com/our-services/nutritional-services>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 5, 2022	September 6, 2022	September 7, 2022	September 8, 2022	September 9, 2022
<p>CLOSED</p> 	3 oz Pork Loin 4 oz Boiled Potatoes 4 oz Spinach 4 oz Cinnamon Applesauce 1 ea Cornbread	6 oz Beef & Noodles 4 oz Maple Carrots 4 oz Fruit Cup 1 ea Dinner Roll	6 oz Chicken ala King 1 ea Biscuit 4 oz Brussel Sprouts 4 oz Apple Slices	3 oz Cola Pot Roast 4 oz Red Skin Potatoes 4 oz California Blend Vegetables 1 ea Biscuit
September 12, 2022	September 13, 2022	September 14, 2022	September 15, 2022	September 16, 2022
3 oz Glazed Baked Ham 4 oz Baked Potato 4 oz Carrots 1 ea Cookie 1 ea Dinner Roll	3 oz Meatloaf 4 oz Mashed Potatoes/Gravy 4 oz Green Beans 4 oz Deep Dish Cherry Cobbler 1 ea Dinner Roll	3 oz Chicken Salad on Croissant 4 oz Broccoli Salad 4 oz Fruit Cocktail	6 oz Chicken Broccoli Alfredo 4 oz Buttered Asparagus 1 ea Breadstick 4 oz Peach Jello Salad	3 oz Baked Fish Fillet 4 oz AuGratin Potatoes 4 oz Peas & Carrots 1 pc Banana Cake 1 pc Wheat Bread
September 19, 2022	September 20, 2022	September 21, 2022	September 22, 2022	September 23, 2022
6 oz Turkey Tetrazinni 4 oz Broccoli 4 oz Peaches 1 pc Wheat Bread	6 oz Chicken Pot Pie 1 C Spinach Salad 4 oz Pears 1 ea Cookie	3 oz BBQ Pork 4 oz Steak Fries 4 oz Coleslaw 1 ea Dinner Roll	6 oz Baked Ziti 1 C Tossed Salad 1 pc Tiramisu 1 pc Wheat Bread	3 oz Pork Chop 4 oz Dressing 4 oz Asparagus 1 pc Bread 1 pc Strawberry Shortcake
September 26, 2022	September 27, 2022	September 28, 2022	September 29, 2022	September 30, 2022
3 oz BBQ Ham 4 oz Lima Beans 1 ea Biscuit 4 oz Apple Crisp	3 oz Smoked Sausage 4 oz Mashed Potatoes 4 oz Sauerkraut 4 oz Ambrosia 1 ea Dinner Roll	6 oz Ravioli 1 pc Garlic Bread 1 C Tossed Salad 1 ea Sugar Cookie	3 oz Herb Baked Chicken 4 oz Parmesan Noodles 4 oz Mixed Vegetables 4 oz Peaches 1 ea Dinner Roll	3 oz Tuna Salad on Bun 1 oz Chips 1 C Spinach Salad 1 pkg Salad Dressing



MENUS/FOOD PREPARATION: Food prepared at Fair Haven, 2901 Fair Road, Sidney. For questions call 937-492-6900 or view our website. Menus are subject to change. All meals served with milk or milk substitute. We offer fruit in place of sweets; please call Nutrition Services if you wish this substitution.

CONSUME MEAL IMMEDIATELY OR REFRIGERATE.

REHEATING: Peel back film to vent or slit film. *Microwave:* Reheat 2-3 minutes or *Conventional Oven:* Place on cookie sheet, heat at 350 degrees for 10 minutes.

ROUTE CLOSINGS: We announce any closing on WMVR Radio 105.5 and also attempt to phone you. Please keep us informed of changes in phone numbers.

DELIVERY TIMES: Your delivery times may vary from day-to-day. Please be patient with your drivers as they attempt to serve you in a safe and timely manner!

CANCELLATIONS: We cannot leave meals if you are not home. Please cancel in advance by informing your driver or calling Nutrition Services at 937-492-6900.

*Serving the
Seniors of
Shelby County*

