

AUGUST, 2023

## NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900 OPTION 8

Serving the Seniors of Shelby County since 1996

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>Wk. 3 August 7, 2023</b>		<b>August 8, 2023</b>		<b>August 9, 2023</b>		<b>August 10, 2023</b>		<b>August 11, 2023</b>	
3 oz	Beef Pepper Patty	3 oz	Tropical Pork	3 oz	Beef Brisket	6 oz	Chicken Cornbread Bake	6 oz	Beef Mostaccioli
4 oz	Sauteed Peppers & Onions	4 oz	Yellow Rice	4 oz	Onion Roasted Potatoes	4 oz	Roasted Broccoli	4 oz	Parslied Cauliflower
4 oz	Mashed Potatoes/Gravy	4 oz	Carrots	4 oz	Italian Green Beans	1 ea	Dinner Roll/Butter	1 ea	Dinner Roll/Butter
1 pc	Wheat Bread/Butter	1 ea	Dinner Roll/Butter	1 pc	Wheat Bread/Butter	1 ea	Oatmeal Raisin Cookie	1 pc	Frosted Chocolate Cake
4 oz	Cinnamon Applesauce	1 ea	Chocolate Chip Cookie	4 oz	Mandarin Oranges				
<b>Wk. 4 August 14, 2023</b>		<b>August 15, 2023</b>		<b>August 16, 2023</b>		<b>August 17, 2023</b>		<b>August 18, 2023</b>	
3 oz	Bratwurst on Bun	3 oz	Tahitian Chicken	3 oz	Meatloaf	6 oz	Tuna Noodle Casserole	6 oz	Cheese Ravioli w/Sauce
4 oz	Red Bliss Potatoes	4 oz	White Rice	4 oz	Mashed Potatoes/Gravy	1 C	Tossed Salad/Dressing	4 oz	Cauliflower
4 oz	Green Beans	4 oz	Oriental Vegetable Blend	4 oz	Cauliflower & Peas	4 oz	Capri Vegetable Blend	1 pc	Garlic Toast
4 oz	Fruit Cocktail	1 ea	Dinner Roll/Butter	1 ea	Dinner Roll/Butter	4 oz	Peach Crisp	1 ea	Red Velvet Cookie
		1 pc	Confetti Angel Cake	4 oz	Cantaloupe	1 pc	Wheat Bread/Butter		
<b>Wk. 5 August 21, 2023</b>		<b>August 22, 2023</b>		<b>August 23, 2023</b>		<b>August 24, 2023</b>		<b>August 25, 2023</b>	
3 oz	Herbed Pork Loin	3 oz	Zesty Lemon Pepper Turkey	3 oz	Veal Parmesan	3 oz	Breaded Chicken Patty	6 oz	Philly Cheesesteak Bowl
4 oz	Baked Potato/Sour Cream & Chives	4 oz	Red Bliss Potatoes	4 oz	Spaghetti Noodles	4 oz	Cheesy Mashed Potatoes	1 C	Tossed Salad/Dressing
4 oz	Carrots	4 oz	Green Peas	4 oz	Italian Blend Vegetables	4 oz	Mixed Vegetables	1 ea	Buttered Breadstick
1 ea	Dinner Roll/Butter	1 ea	Dinner Roll/Butter	1 pc	Garlic Parmesan Bread	1 pc	Wheat Bread/Butter	1 pc	Carnival Cookie
1 ea	Chocolate Chip Blondie	4 oz	Apricots	4 oz	Citrus Fruit Salad	1 pc	White Frosted Cake		
<b>Wk. 1 August 28, 2023</b>		<b>August 29, 2023</b>		<b>August 30, 2023</b>		<b>August 31, 2023</b>		<b>September 1, 2023</b>	
3 oz	Grilled Pork Chop	3 oz	Crunchy Ranch Chicken Thigh	6 oz	Korean BBQ Beef w/Vegetables	3 oz	Panko Chicken Parmesan	3 oz	Breaded Fish
4 oz	Company Potatoes	4 oz	Cheese Topped Potato	4 oz	White Rice	4 oz	Spaghetti Noodles	4 oz	Potato Wedges
4 oz	Broccoli	4 oz	Green Beans	4 oz	Dinner Roll/Butter	4 oz	California Vegetable Blend	4 oz	Creamy Cole Slaw
1 ea	Dinner Roll/Butter	1 ea	Dinner Roll/Butter	1 ea	Dinner Roll/Butter	1 ea	Wheat Bread/Butter	1 pc	Wheat Bread/Butter
4 oz	Mixed Melon Salad	1 ea	Oatmeal Raisin Cookie	4 oz	Pudding & Cookie Parfait	4 oz	Cantaloupe	1 pc	Coconut Cake

**CONSUME FOOD IMMEDIATELY OR REFRIGERATE!****REHEATING:** Cut film to vent. Microwave: Reheat for 2-3 minutes OR Conventional Oven: Place on cookie sheet, heat at 350 degrees for 10 minutes.**MENUS/FOOD PREPARATION:** Food prepared at Fair Haven, 2901 Fair Road, Sidney. For questions, call 937-492-6900 or view our website for ingredient list.Menu posted at <https://fairhavenservices.com/our-services/nutritional-services> - Menus are subject to change. Meals include 8 oz. milk (unless drink substitute requested.)**MEAL DELIVERY GUIDELINES:** *We cannot leave meals if you are not home.* Please cancel in advance by informing our driver or call before 9:00 A.M.

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

**ROUTE CLOSINGS:** We announce closings on WMVR Radio 105.5 and also attempt to call you. Please keep us informed of your current phone number.