


September 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
September 4, 2023	September 5, 2023	September 6, 2023	September 7, 2023	September 8, 2023
	3 oz Braised Turkey w/ 4 oz Egg Noodles 4 oz Green Beans & Mushrooms 1 ea Dinner Roll/Butter 4 oz Fruit Cocktail <small>wk.</small>	3 oz Roast Beef 4 oz Red Bliss Potatoes 4 oz Zucchini & Summer Squash 1 pc Wheat Bread/Butter 4 oz Blueberry Delight	3 oz Fried Fish 4 oz French Fries 4 oz Creamy Cole Slaw 1 pc Cornbread 4 oz Black Forest Parfait	3 oz Citrus Glazed Turkey Breast 4 oz Roasted Red Potatoes 4 oz Italian Green Beans 1 ea Dinner Roll/Butter 4 oz Applesauce
September 11, 2023	September 12, 2023	September 13, 2023	September 14, 2023	September 15, 2023
3 oz Beef Pepper Patty 4 oz Sautéed Peppers & Onions 4 oz Mashed Potatoes/Gravy 1 pc Wheat Bread/Butter 4 oz Cinnamon Applesauce <small>wk. 3</small>	3 oz Tropical Pork 4 oz Yellow Rice 4 oz Carrots 1 ea Dinner Roll/Butter 1 ea Chocolate Chip Cookie	3 oz Beef Brisket 4 oz Onion Roasted Potatoes 4 oz Italian Green Beans 1 pc Wheat Bread/Butter 4 oz Mandarin Oranges	6 oz Chicken Cornbread Bake 4 oz Roasted Broccoli 1 ea Dinner Roll/Butter 1 ea Oatmeal Raisin Cookie	6 oz Beef Mostaccioli 4 oz Parslied Cauliflower 1 ea Dinner Roll/Butter 1 pc Frosted Chocolate Cake

COMING SOON

**THE NEW FALL/WINTER MENU IS CURRENTLY "UNDER CONSTRUCTION."
THIS NEW MENU WILL START 9/ 18 & WILL BE SENT OUT SOON!**



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 or 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.