

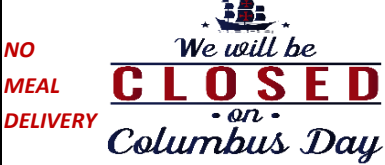
October, 2023

**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>October 2, 2023</b>		<b>October 3, 2023</b>		<b>October 4, 2023</b>		<b>October 5, 2023</b>		<b>October 6, 2023</b>	
3 oz	Swedish Meatballs	6 oz	White Beans w/Ham & Onions	3 oz	Beef Pepper Patty	3 oz	Citrus Glazed Chicken Breast	6 oz	Spaghetti w/Meat Sauce
4 oz	Egg Noodles	4 oz	Green Beans	4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing	4 oz	Cauliflower
4 oz	Green Peas	1 ea	Southern Style Biscuit	4 oz	Roasted Zucchini	4 oz	California Blend	1 pc	Garlic Toast
1 ea	Buttered Breadstick	1 pc	Apple Dump Cake	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	4 oz	Apple Slices
1 ea	Oatmeal Raisin Cookie			4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie		
<b>October 9, 2023</b>		<b>October 10, 2023</b>		<b>October 11, 2023</b>		<b>October 12, 2023</b>		<b>October 13, 2023</b>	
		3 oz	Ham Slice	3 oz	Chicken ala King	3 oz	Sloppy Joe	6 oz	Beef Stew
		4 oz	Duchess Potatoes	4 oz	Capri Vegetable Blend	4 oz	Steak Fries	1 C	Tossed Salad/1 pkg Dressing
		4 oz	Whole Baby Carrots	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 pkg	Saltines
		1 pc	Cornbread	1 ea	Dinner Roll/Margarine	1 ea	Bun	1 ea	Buttered Breadstick
		4 oz	Diced Pears	1 ea	Cherry Chocolate Bar	4 oz	Red Grapes	1 ea	Banana
<b>October 16, 2023</b>		<b>October 17, 2023</b>		<b>October 18, 2023</b>		<b>October 19, 2023</b>		<b>October 20, 2023</b>	
3 oz	Beef Stroganoff	6 oz	Chicken Rice Casserole	3 oz	Pot Roast	3 oz	Cranberry Glazed Turkey	3 oz	Sweet & Sour Meatballs
3 oz	Egg Noodles	4 oz	Key West Veg. Blend	4 oz	Golden Mashed Potatoes	4 oz	Baked Sweet Potato Half	4 oz	White Rice
4 oz	Whole Baby Carrots	1 C	Tossed Salad/1 pkg Dressing	4 oz	California Veg. Blend	4 oz	Broccoli	4 oz	Sugar Snap Peas
1 ea	Dinner Roll/Margarine	1 pc	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Butter
1 pc	Spiced Fruit & Nut Cake	1 ea	Pineapple Tidbits	1 pc	Chocolate Cheesecake Bar	1 pc	Buckeye Cake	4 oz	Fruit Cocktail
<b>October 23, 2023</b>		<b>October 24, 2023</b>		<b>October 25, 2023</b>		<b>October 26, 2023</b>		<b>October 27, 2023</b>	
3 oz	Roasted Pork Tenderloin	6 oz	Chicken Pot Pie	3 oz	Meatloaf	6 oz	Chili with Beans	3 oz	Lemon Baked Cod
4 oz	AuGratin Potatoes	1 C	Tossed Salad w/Dressing	4 oz	Mashed Potatoes/Gravy	1 ea	Baked Potato	4 oz	Roasted Red Potatoes
4 oz	Green Beans	1 pc	Wheat Bread/Margarine	4 oz	Green Peas	1 pkg	Sour Cream	4 oz	Brussels Sprouts
1 ea	Dinner Roll/Margarine	1 ea	Brownie	1 ea	Dinner Roll/Margarine	4 oz	Chilled Peaches	1 ea	Dinner Roll/Margarine
1 ea	Banana			1 ea	Ginger Spiced Blondie	1 ea	Cornbread	1 pc	Frosted Marble Cake
<b>October 30, 2023</b>		<b>October 31, 2023</b>		<b>November 1, 2023</b>		<b>November 2, 2023</b>		<b>November 3, 2023</b>	
3 oz	Stuffed Cabbage Roll	3 oz	Turkey Mostaccioli	6 oz	Beef Shepherd's Pie	3 oz	Breaded Fish	3 oz	Cornflake Chicken Thigh
4 oz	Garden Rice Blend	4 oz	Cauliflower	4 oz	Mashed Potatoes	4 oz	Potato Wedges	4 oz	Red Bliss Potatoes
4 oz	Broccoli	1 pc	Garlic Toast	1 ea	Dinner Roll/Margarine	4 oz	Capri Vegetable Blend	4 oz	Far East Veg. Blend
1 pc	Wheat Bread/Margarine	1 ea	Chocolate Chip Cookie	4 oz	Citrus Fruited Gelatin	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine
1 ea	Lemon Snack Bar					1 pc	Frosted Chocolate Cake	4 oz	Seedless Grapes

**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.