

NOVEMBER, 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	
November 6, 2023		November 7, 2023		November 8, 2023		November 9, 2023		November 10, 2023	
3 oz	Swedish Meatballs	6 oz	White Beans w/Ham & Onions	3 oz	Beef Pepper Patty	3 oz	Citrus Glazed Chicken Breast		
4 oz	Egg Noodles			4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing		
4 oz	Green Peas <small>wk.</small>	4 oz	Green Beans	4 oz	Roasted Zucchini	4 oz	California Blend		
1 ea	Buttered Breadstick	1 ea	Southern Style Biscuit	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine		
1 ea	Oatmeal Raisin Cookie	1 pc	Apple Dump Cake	4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie		
November 13, 2023		November 14, 2023		November 15, 2023		November 16, 2023		November 17, 2023	
3 oz	Panko Crusted Tilapia	3 oz	Ham Slice	3 oz	Chicken ala King	3 oz	Sloppy Joe	6 oz	Beef Stew
4 oz	Potato Wedges	4 oz	Duchess Potatoes	4 oz	Capri Vegetable Blend	4 oz	Steak Fries	1 C	Tossed Salad/Dressing
4 oz	Broccoli <small>wk.</small>	4 oz	Whole Baby Carrots	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 pkg	Saltines
1 ea	Dinner Roll/Margarine	1 pc	Cornbread	1 ea	Dinner Roll/Margarine	1 ea	Bun	1 ea	Buttered Breadstick
1 ea	Coconut Brownie	4 oz	Diced Pears	1 ea	Cherry Chocolate Bar	4 oz	Red Grapes	1 ea	Banana
November 20, 2023		November 21, 2023		November 22, 2023		November 23, 2023		November 24, 2023	
3 oz	Beef Stroganoff	6 oz	Chicken Rice Casserole	6 oz	Turkey w/Stuffing				
3 oz	Egg Noodles	1 C	Key West Veg. Blend	4 oz	Mashed Potatoes/Gravy				
4 oz	Whole Baby Carrots <small>wk.</small>		Tossed Salad/Dressing	4 oz	Green Bean Casserole				
1 ea	Dinner Roll/Margarine	1 pc	Dinner Roll/Margarine	4 oz	Cranberry Sauce				
1 pc	Spiced Fruit & Nut Cake	1 ea	Pineapple Tidbits	1 pc	Pumpkin Pie / Dinner Roll				
November 27, 2023		November 28, 2023		November 29, 2023		November 30, 2023		December 1, 2023	
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			4 oz	Green Peas	1 pkg	Sour Cream	4 oz	Brussels Sprouts
1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	4 oz	Chilled Peaches	1 ea	Dinner Roll/Margarine
1 ea	Banana <small>wk. 1</small>	1 ea	Brownie	1 ea	Ginger Spiced Blondie	1 ea	Cornbread	1 pc	Frosted Marble 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.