

January, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
January 1, 2024	January 2, 2024	January 3, 2024	January 4, 2024	January 5, 2024
	6 oz Chicken Pot Pie 1 C Tossed Salad w/Dressing 1 pc Wheat Bread/Margarine 1 ea Brownie	3 oz Meatloaf 4 oz Mashed Potatoes/Gravy 4 oz Green Peas 1 ea Dinner Roll/Margarine 1 ea Ginger Spiced Blondie Bar	6 oz Chili with Beans 1 ea Baked Potato/Sour Cream 4 oz Chilled Peaches 1 ea Dinner Roll/Margarine	3 oz Breaded Fish 4 oz Roasted Red Potatoes 4 oz Brussels Sprouts 1 ea Dinner Roll/Margarine 1 pc Frosted Marble Cake
January 8, 2024	January 9, 2024	January 10, 2024	January 11, 2024	January 12, 2024
3 oz Stuffed Cabbage Roll 4 oz Garden Rice Blend 4 oz Broccoli 1 pc Wheat Bread/Margarine 1 ea Lemon Snack Bar	6 oz Turkey Mostaccioli 4 oz Cauliflower 1 pc Garlic Toast 1 ea Chocolate Chip Cookie	6 oz Beef Shepherd's Pie 4 oz Mashed Potatoes 1 ea Dinner Roll/Margarine 4 oz Citrus Fruited Gelatin	3 oz Breaded Fish 4 oz Potato Wedges 4 oz Capri Vegetable Blend 1 ea Dinner Roll/Margarine 1 pc Frosted Chocolate Cake	3 oz Cornflake Chicken Thigh 4 oz Red Bliss Potatoes 4 oz Far East Veg. Blend 1 ea Dinner Roll/Margarine 3 oz Seedless Grapes
January 15, 2024	January 16, 2024	January 17, 2024	January 18, 2024	January 19, 2024
	6 oz White Beans w/Ham & Onion 4 oz Green Beans 1 ea Southern Style Biscuit 1 pc Apple Dump Cake	3 oz Beef Pepper Patty 4 oz Mashed Potatoes/Gravy 4 oz Roasted Zucchini 1 ea Dinner Roll/Margarine 4 oz Cherry Crisp	3 oz Citrus Glazed Chicken 4 oz Bread Stuffing 4 oz California Vegetable Blend 1 ea Dinner Roll/Margarine 1 ea Chocolate Chip Blondie	6 oz Spaghetti w/Meat Sauce 4 oz Cauliflower 1 pc Garlic Toast 4 oz Apple Slices
January 22, 2024	January 23, 2024	January 24, 2024	January 25, 2024	January 26, 2024
3 oz Panko Crusted Tilapia 4 oz Potato Wedges 4 oz Broccoli 1 ea Dinner Roll/Margarine 1 ea Coconut Brownie	3 oz Ham Slice 4 oz Duchess Potatoes 4 oz Whole Baby Carrots 1 ea Cornbread 4 oz Diced Pears	3 oz Chicken ala King 4 oz Capri Vegetable Blend 4 oz Bowtie Pasta 1 ea Dinner Roll/Margarine 1 ea Cherry Chocolate Bar	3 oz Sloppy Joe 4 oz Steak Fries 4 oz Far East Veg. Blend 1 ea Bun 3 oz Red Grapes	6 oz Beef Stew 1 C Tossed Salad/Dressing 1 pkg Saltines 1 ea Buttered Breadstick 1 ea Banana
January 29, 2024	January 30, 2024	January 31, 2024	February 1, 2024	February 2, 2024
6 oz Beef Stroganoff 4 oz Egg Noodles 4 oz Whole Baby Carrots 1 ea Dinner Roll/Margarine 4 oz Spiced Fruit & Nut Cake	6 oz Chicken Rice Casserole 4 oz Key West Veg. Blend 1 C Tossed Salad/Dressing 1 ea Dinner Roll/Margarine 4 oz Pineapple Tidbits	3 oz Pot Roast 4 oz Golden Mashed Potatoes 4 oz California Veg. Blend 1 pc Wheat Bread/Margarine 1 ea Chocolate Cheesecake Bar	3 oz Breaded Boneless Chicken 4 oz Mac & Cheese 4 oz Broccoli 1 pc Dinner Roll/Margarine 1 pc Buckeye Cake	3 oz Sweet & Sour Meatballs 4 oz White Rice 4 oz Sugar Snap Peas 1 pc Wheat Bread/Butter 4 oz Fruit Cocktail

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.