


February, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
February 5, 2024		February 6, 2024		February 7, 2024		February 8, 2024		February 9, 2024	
3 oz	Roasted Pork Tenderloin	6 oz	Chicken Pot Pie	3 oz	Meatloaf	6 oz	Chili with Beans	3 oz	Breaded Fish
4 oz	AuGratin Potatoes	1 C	Tossed Salad w/Dressing	4 oz	Mashed Potatoes/Gravy	1 ea	Baked Potato/Sour Cream	4 oz	Roasted Red Potatoes
4 oz	Green Beans	1 pc	Wheat Bread/Margarine	4 oz	Green Peas	4 oz	Chilled Peaches	4 oz	Brussels Sprouts
1 ea	Dinner Roll/Margarine	1 ea	Brownie	1 ea	Dinner Roll/Margarine	1 ea	Cornbread	1 ea	Dinner Roll/Margarine
1 ea	Banana <small>wk. 1</small>			1 ea	Ginger Spiced Blondie Bar			1 pc	Frosted Marble Cake
February 12, 2024		February 13, 2024		February 14, 2024		February 15, 2024		February 16, 2024	
3 oz	Stuffed Cabbage Roll	6 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	3 oz	Seedless Grapes
February 19, 2024		February 20, 2024		February 21, 2024		February 22, 2024		February 23, 2024	
		6 oz	White Beans w/Ham & Onion	3 oz	Beef Pepper Patty	3 oz	Citrus Glazed Chicken	6 oz	Spaghetti w/Meat Sauce
		4 oz	Green Beans	4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing	4 oz	Cauliflower
		1 ea	Cornbread	4 oz	Roasted Zucchini	4 oz	California Vegetable Blend	1 pc	Garlic Toast
		1 pc	Apple Dump Cake	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	4 oz	Apple Slices
				4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie		
February 26, 2024		February 27, 2024		February 28, 2024		February 29, 2024		March 1, 2024	
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	4 oz	Whole Baby Carrots	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 pkg	Saltines
1 ea	Dinner Roll/Margarine	1 ea	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	3 oz	Red Grapes	1 ea	Banana



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.