

March, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
March 4, 2024		March 5, 2024		March 6, 2024		March 7, 2024		March 8, 2024	
6 oz	Beef Stroganoff	6 oz	Chicken Rice Casserole	3 oz	Pot Roast	3 oz	Breaded Boneless Chicken	3 oz	Sweet & Sour Meatballs
4 oz	Egg Noodles <small>wk.5</small>	4 oz	Key West Veg. Blend	4 oz	Golden Mashed Potatoes	4 oz	Mac & Cheese	4 oz	White Rice
4 oz	Whole Baby Carrots	1 C	Tossed Salad/Dressing	4 oz	California Veg. Blend	4 oz	Broccoli	4 oz	Sugar Snap Peas
1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 pc	Dinner Roll/Margarine	1 pc	Wheat Bread/Butter
4 oz	Spiced Fruit & Nut Cake	4 oz	Pineapple Tidbits	1 ea	Chocolate Cheesecake Bar	1 pc	Buckeye Cake	4 oz	Fruit Cocktail
March 11, 2024		March 12, 2024		March 13, 2024		March 14, 2024		March 15, 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	4 oz	Mashed Potatoes/Gravy	1 ea	Baked Potato/Sour Cream	4 oz	Roasted Red Potatoes
4 oz	Green Beans		w/Dressing	4 oz	Green Peas	4 oz	Chilled Peaches	4 oz	Brussels Sprouts
1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Cornbread	1 ea	Dinner Roll/Margarine
1 ea	Banana <small>wk.1</small>	1 ea	Brownie	1 ea	Ginger Spiced Blondie Bar			1 pc	Frosted Marble Cake
March 18, 2024		March 19, 2024		March 20, 2024		March 21, 2024		March 22, 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	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine
1 ea	Lemon Snack Bar <small>wk.2</small>					1 pc	Frosted Chocolate Cake	3 oz	Seedless Grapes
March 25, 2024		March 26, 2024		March 27, 2024		March 28, 2024		March 29, 2024	
3 oz	Swedish Meatballs	6 oz	White Beans	3 oz	Beef Pepper Patty	3 oz	Citrus Glazed Chicken	6 oz	Spaghetti w/Meat Sauce
4 oz	Egg Noodles		w/Ham & Onion	4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing	4 oz	Cauliflower
4 oz	Green Peas <small>wk.3</small>	4 oz	Green Beans	4 oz	Roasted Zucchini	4 oz	California Vegetable Blend	1 pc	Garlic Toast
1 ea	Buttered Breadstick	1 ea	Cornbread	1 ea	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	4 oz	Apple Slices
1 ea	Oatmeal Raisin Cookie	1 pc	Apple Dump Cake	4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie		



May your troubles be less
and your blessings be more
And nothing but happiness
come through your door

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.