


APRIL, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WK 1 April 1, 2024		April 2, 2024		April 3, 2024		April 4, 2024		April 5, 2024	
3 oz	Honey Mustard Pork Rice Pilaf	6 oz	Baked Potato Soup Saltines	3 oz	Ham Slice Onion Roasted Potatoes	6 oz	Chicken & Noodles Golden Mashed Potatoes	6 oz	Cheese Ravioli w/Sauce Cauliflower
4 oz	Carrots	1 pkg		4 oz	Green Beans	4 oz	California Blend	4 oz	Buttered Breadstick
4 oz	Dinner Roll/Margarine	3 oz	Chicken Salad Sandwich	4 oz	Dinner Roll/Margarine	4 oz	Biscuit	1 ea	Mixed Melon Salad
4 oz	Cherry Crisp	1 ea	Lettuce/Tomato/Onion	1 ea	Banana	1 ea	Lemon Poppysseed Cake	4 oz	
4 oz		4 oz	Cantaloupe	1 ea		1 pc			
WK 2 April 8, 2024		April 9, 2024		April 10, 2024		April 11, 2024		April 12, 2024	
3 oz	Chicken Salad	3 oz	Chicken Parmesan	6 oz	Chili	3 oz	BBQ Chicken	6 oz	Unstuffed Peppers
1 ea	Croissant	4 oz	Spaghetti Noodles	1 C	Tossed Salad	4 oz	Potato Wedges	4 oz	Peas
4 oz	Pasta Salad	4 oz	Cauliflower	4 oz	Watermelon	4 oz	Creamy Coleslaw	1 ea	Dinner Roll/Margarine
1 pkg	Raw Baby Carrots	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 pc	Wheat Bread/Margarine	4 oz	Orange Wedges
1 ea	Nutty Bar	1 pc	Tiramisu Cake	1 ea	Peanut Butter Cookie	4 oz	Ambrosia Salad		
									
WK 3 April 15, 2024		April 16, 2024		April 17, 2024		April 18, 2024		April 19, 2024	
3 oz	Meatloaf	3 oz	Roasted Pork Tenderloin	6 oz	Spaghetti w/Meatballs	3 oz	Crispy Lemon Chicken	3 oz	Hamburger on Bun
4 oz	Mashed Potatoes/Gravy	4 oz	Onion Roasted Potatoes	4 oz	Cauliflower	4 oz	Oven Browned Potatoes	1 ea	Lettuce & Tomato
4 oz	Green Beans	4 oz	Sauteed Green Cabbage	1 C	Tossed Salad	4 oz	Capri Vegetable Blend	4 oz	Potato Salad
1 ea	Biscuit	1 ea	Dinner Roll/Margarine	1 pkg	Dressing	1 pc	Wheat Bread/Margarine	4 oz	Homemade Coleslaw
1 pc	Buckeye Cake	1 ea	Cherry Chocolate Bar	3 oz	Red Grapes	4 oz	Blueberry Biscuit Cobbler	1 ea	Oatmeal Cream Cookie
WK 4 April 22, 2024		April 23, 2024		April 24, 2024		April 25, 2024		April 26, 2024	
3 oz	Baked Glazed Ham	3 oz	Herbed Pork Loin	6 oz	Goulash	3 oz	Swedish Meatballs	6 oz	Baked Ziti
4 oz	Parsley Noodles	4 oz	Garlic Mashed Potatoes	1 C	Tossed Salad	4 oz	Egg Noodles	1 C	Tossed Salad
4 oz	Carrots	4 oz	Sauteed Green Cabbage	1 pkg	Dressing	4 oz	Carrots	1 pkg	Dressing
1 ea	Dinner Roll/Margarine	1 pc	Cornbread	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 pc	Garlic Toast
4 oz	Pineapple & Oranges	1 pc	Lemon Cheesecake Bar	1 ea	Snickerdoodle Cookie	4 oz	Orange Wedges	4 oz	Lemon Mousse
WK 5 April 29, 2024		April 30, 2024		May 1, 2024		May 2, 2024		May 3, 2024	
3 oz	Roast Beef	3 oz	Dijon Chicken	3 oz	Beef Stroganoff	3 oz	Meatloaf	3 oz	Sweet & Sour Meatballs
4 oz	Onion Roasted Potatoes	4 oz	Rosemary Potatoes	4 oz	Egg Noodles	4 oz	Garlic Mashed Potatoes	4 oz	Brown Rice
4 oz	Carrots	4 oz	Green Beans	4 oz	Green Peas	4 oz	Broccoli	4 oz	Oriental Vegetable Blend
1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine
1 pc	Vanilla Pudding Cake	4 oz	Parfait Lemon Pudding	1 pc	Pineapple Upside Down Cake	1 ea	Red Velvet Cupcake	4 oz	Baked Custard

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.