

JUNE, 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 5 June 3, 2024		June 4, 2024		June 5, 2024		June 6, 2024		June 7, 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	Diced 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 pc	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
WK 1 June 10, 2024		June 11, 2024		June 12, 2024		June 13, 2024		June 14, 2024	
3 oz	Honey Mustard Pork	6 oz	Baked Potato Soup	3 oz	Ham Slice	6 oz	Chicken & Noodles	6 oz	Cheese Ravioli w/Sauce
4 oz	Rice Pilaf	1 pkg	Saltines	4 oz	Onion Roasted Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Cauliflower
4 oz	Carrots	3 oz	Chicken Salad Sandwich	4 oz	Green Beans	4 oz	California Blend	1 ea	Buttered Breadstick
1 ea	Dinner Roll/Margarine	1 ea	Lettuce/Tomato/Onion	1 ea	Dinner Roll/Margarine	1 ea	Biscuit	4 oz	Mixed Melon Salad
4 oz	Cherry Crisp	4 oz	Cantaloupe	1 ea	Banana	1 pc	Lemon Poppysseed Cake		
WK 2 June 17, 2024		June 18, 2024		June 19, 2024		June 20, 2024		June 21, 2024	
3 oz	Herb Crusted Cod	3 oz	Sloppy Joe	We will be CLOSED June 19th in observance of Juneteenth		3 oz	BBQ Chicken	6 oz	Unstuffed Peppers
4 oz	Egg Noodles	1 ea	Bun			4 oz	Potato Wedges	4 oz	Peas
4 oz	Broccoli	4 oz	Cauliflower w/Cheese			4 oz	Creamy Coleslaw	1 ea	Dinner Roll/Margarine
1 pc	Cornbread	4 oz	Baked Potato			1 pc	Wheat Bread/Margarine	4 oz	Orange Wedges
3 oz	Pudding	1 pc	Strawberry Rhubarb Pie			4 oz	Ambrosia Salad		
WK 3 June 24, 2024		June 25, 2024		June 26, 2024		June 27, 2024		June 28, 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	3 oz	Onion Roasted Potatoes	4 oz	Cauliflower	4 oz	Oven Browned Potatoes	4 oz	Potato Salad
4 oz	Green Beans	4 oz	Sauteed Green Cabbage	1 C	Tossed Salad/Dressing	4 oz	Capri Vegetable Blend	4 oz	Homemade Coleslaw
1 ea	Biscuit	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Oatmeal Cream Cookie
1 pc	Buckeye Cake	1 pc	Cherry Chocolate Bar	1 pkg	Red Grapes	4 oz	Blueberry Biscuit Cobbler		



CONSUME FOOD IMMEDIATELY OR REFRIGERATE! Meals are stamped with date prepared. If refrigerated, consume within 3-4 days.

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.