MAY, 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	¹ Мау 6, 2024		May 7, 2024		May 8, 2024		May 9, 2024		May 10, 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	
	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	
4 oz	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 Poppyseed Cake			
WK 2	May 13, 2024		May 14, 2024		May 15, 2024		May 16, 2024		May 17, 2024	
3 oz	Herb Crusted Cod	3 oz	Chicken Parmesan	6 oz	Chili	3 oz	BBQ Chicken	6 oz	Unstuffed Peppers	
4 oz	Egg Noodles	4 oz	Spaghetti Noodles	1 C	Tossed Salad	4 oz	Potato Wedges	4 oz	Peas	
4 oz	Broccoli	4 oz	Cauliflower	4 oz	Watermelon	4 oz	Creamy Coleslaw	1 ea	Dinner Roll/Margarine	
1 pc	Cornbread	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 pc	Wheat Bread/Margarine	4 oz	Orange Wedges	
1 ea	Berry Crunch Bar	1 pc	Tiramisu Cake	1 ea	Peanut Butter Cookie	4 oz	Ambrosia Salad			
WK 3	May 20, 2024	May 21, 2024		May 22, 2024		May 23, 2024		May 24, 2024		
3 oz	Meatloaf	3 oz	BBQ Ribs	6 oz	Spaghetti w/Meatballs	3 oz	Crispy Lemon Chicken	3 oz	Hamburger on Bun	
4 oz	Mashed Potatoes/Gravy	3 oz	Raw Baby Carrots	4 oz	Cauliflower	4 oz	Oven Browned Potatoes	1 ea	Lettuce & Tomato	
4 oz	Green Beans	4 oz	Potato Salad	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 pc	Chocolate Cake	3 oz	Red Grapes	4 oz	Blueberry Biscuit Cobbler	1 ea	Oatmeal Cream Cookie	
WK 4	May 27, 2024 May 28, 2024		May 28, 2024	May 29, 2024		May 30, 2024		May 31, 2024		
	******	3 oz	Herbed Pork Loin	6 oz	Goulash	3 oz	Swedish Meatballs	6 oz	Baked Ziti	
	IN HONOR OF	4 oz	Garlic Mashed Potatoes	1 C	Tossed Salad	4 oz	Egg Noodles	1 C	Tossed Salad	
	* Memorial Day *	4 oz	Sauteed Green Cabbage	1 pkg	Dressing	4 oz	Carrots	1 pkg	Dressing	
	* WE WILL BE CLOSED *	1 pc	Cornbread	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 pc	Garlic Toast	
	* ************	1 pc	Lemon Cheesecake Bar	1 ea	Snickerdoodle Cookie	4 oz	Orange Wedges	4 oz	Lemon Mousse	







**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 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.