

**JULY, 2024**

**NUTRITION SERVICES OF SHELBY COUNTY**

**937-492-6900, OPTION 8**

*Serving the Seniors of Shelby County since 1996*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>WK 4 July 1, 2024</b>		<b>July 2, 2024</b>		<b>July 3, 2024</b>		<b>July 4, 2024</b>		<b>July 5, 2024</b>	
3 oz	Baked Glazed Ham	3 oz	Herbed Pork Loin	6 oz	Goulash			3 oz	Cornflake Chicken Thigh
4 oz	Parsley Noodles	4 oz	Garlic Mashed Potatoes	1 C	Tossed Salad			4 oz	Oven Browned Potatoes
4 oz	Carrots	4 oz	Sauteed Green Cabbage	1 pkg	Dressing			4 oz	Green Peas
1 ea	Dinner Roll/Margarine	1 pc	Cornbread	1 pc	Garlic Toast			1 ea	Banana
4 oz	Pineapple & Oranges	1 pc	Lemon Cheesecake Bar	1 ea	Snickerdoodle Cookie				
<b>WK 5 July 8, 2024</b>		<b>July 9, 2024</b>		<b>July 10, 2024</b>		<b>July 11, 2024</b>		<b>July 12, 2024</b>	
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 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
<b>WK 1 July 15, 2024</b>		<b>July 16, 2024</b>		<b>July 17, 2024</b>		<b>July 18, 2024</b>		<b>July 19, 2024</b>	
6 oz	Cheese Ravioli w/Sauce	3 oz	BBQ Pork	3 oz	Ham Slice	6 oz	Chicken & Noodles	3 oz	Honey Mustard Pork
4 oz	Cauliflower	4 oz	Tator Tots	4 oz	Onion Roasted Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Rice Pilaf
1 ea	Buttered Breadstick	4 oz	Baked Beans	4 oz	Green Beans	4 oz	California Blend	4 oz	Carrots
4 oz	Mixed Melon Salad	1 pc	Tomato Slices	1 ea	Dinner Roll/Margarine	1 ea	Biscuit	1 ea	Dinner Roll/Margarine
			Apple Pie	1 ea	Banana	1 pc	Lemon Poppyseed Cake	4 oz	Cherry Crisp
<b>WK 2 July 22, 2024</b>		<b>July 23, 2024</b>		<b>July 24, 2024</b>		<b>July 25, 2024</b>		<b>July 26, 2024</b>	
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		
<b>WK 3 July 29, 2024</b>		<b>July 30, 2024</b>		<b>July 31, 2024</b>		<b>August 1, 2024</b>		<b>August 2, 2024</b>	
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.