AUGUST, 2024		NUTRITION	SEI						
			UTRITION SERVICES OF SHELBY COUNTY					937-492-6900, OPTION 8	
	Serving the Seniors of Shelby County since 1996								
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
August 5, 2024	August 6, 2024		August 7, 2024		August 8, 2024		August 9, 2024		
Baked Glazed Ham	3 oz	Herbed Pork Loin	6 oz	Goulash	3 oz	Swedish Meatballs	3 oz	Cornflake Chicken Thigh	
Parsley Noodles	4 oz	Garlic Mashed Potatoes	1 C	Tossed Salad	4 oz	Egg Noodles	4 oz	Oven Browned Potatoes	
Carrots	4 oz	Sauteed Green Cabbage	1 pkg	Dressing	4 oz	Carrots	4 oz	Green Peas	
Dinner Roll/Margarine	1 pc	Cornbread	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 ea	Banana	
Pineapple & Oranges	1 pc	Lemon Cheesecake Bar	1 ea	Snickerdoodle Cookie	4 oz	Orange Wedges			
⁵⁵ August 12, 2024 August 13		August 13, 2024	August 14, 2024		August 15, 2024		August 16, 2024		
Roast Beef	3 oz	Dijon Chicken	3 oz	Beef Stroganoff	3 oz	Meatloaf	3 oz	Sweet & Sour Meatballs	
Onion Roasted Potatoes	4 oz	Diced Potatoes	4 oz	Egg Noodles	4 oz	Garlic Mashed Potatoes	4 oz	Brown Rice	
Carrots	4 oz	Green Beans	4 oz	Green Peas	4 oz	Broccoli	4 oz	Oriental Vegetable Blend	
Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	
Vanilla Pudding Cake	4 oz	Parfait Lemon Pudding	1 pc	Pineapple Upside Down Cake	1 ea	Red Velvet Cupcake	4 oz	Baked Custard	
^{wk1} August 19, 2024		August 20, 2024 August 21, 2024		August 22, 2024		August 23, 2024			
Cheese Ravioli w/Sauce	3 oz	Shredded Chicken	3 oz	Ham Slice	6 oz	Chicken & Noodles	3 oz	Honey Mustard Pork	
Cauliflower	4 oz	Tator Tots	4 oz	Onion Roasted Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Rice Pilaf	
Buttered Breadstick	4 oz	Peas	4 oz	Green Beans	4 oz	California Blend	4 oz	Carrots	
Cookie	1 pc	Wheat Bread	1 ea	Dinner Roll/Margarine	1 ea	Biscuit	1 ea	Dinner Roll/Margarine	
	4 oz	Mixed Melon	1 ea	Banana	1 pc	Lemon Poppyseed Cake	4 oz	Cherry Crisp	
August 26, 2024 August 27, 2024		August 28, 2024		August 29, 2024		August 30, 2024			
Herb Crusted Cod	3 oz	Chicken Parmesan	6 oz	Chili	3 oz	BBQ Chicken	6 oz	Unstuffed Peppers	
Egg Noodles	4 oz	Spaghetti Noodles	1 C	Tossed Salad	4 oz	Potato Wedges	4 oz	Peas	
Broccoli	4 oz	Cauliflower	4 oz	Watermelon	4 oz	Creamy Coleslaw	1 ea	Dinner Roll/Margarine	
Cornbread	1 pc	Garlic Toast	1 pc	Wheat Bread/Margarine	1 pc	Wheat Bread/Margarine	4 oz	Orange Wedges	
Berry Crunch Bar	1 pc	Tiramisu Cake	1 ea	Peanut Butter Cookie	4 oz	Ambrosia Salad			
	August 5, 2024 Baked Glazed Ham Parsley Noodles Carrots Dinner Roll/Margarine Pineapple & Oranges Ugust 12, 2024 Roast Beef Onion Roasted Potatoes Carrots Wheat Bread/Margarine Vanilla Pudding Cake Ugust 19, 2024 Cheese Ravioli w/Sauce Cauliflower Buttered Breadstick Cookie Ugust 26, 2024 Herb Crusted Cod Egg Noodles Broccoli Cornbread	August 5, 2024Baked Glazed Ham3 ozParsley Noodles4 ozCarrots4 ozDinner Roll/Margarine1 pcPineapple & Oranges1 pcugust 12, 20244 ozRoast Beef3 ozOnion Roasted Potatoes4 ozCarrots4 ozWheat Bread/Margarine1 eaVanilla Pudding Cake4 ozUgust 19, 20244 ozCheese Ravioli w/Sauce3 ozCauliflower4 ozButtered Breadstick4 ozCookie1 pc4 oz4 ozButtered Breadstick4 ozCookie1 pc4 oz4 ozDindel Breadstick4 ozCookie1 pc4 oz4 ozCookie1 pc4 oz4 ozCookie1 pcHerb Crusted Cod3 ozEgg Noodles4 ozBroccoli4 ozCornbread1 pc	August 5, 2024August 6, 2024Baked Glazed Ham3 ozParsley Noodles4 ozCarrots4 ozDinner Roll/Margarine1 pcPineapple & Oranges1 pcUgust 12, 2024August 13, 2024Roast 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eaBBQ Chicken6 oz<	







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.