


**SEPTEMBER, 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>September 2, 2024</b>	<b>September 3, 2024</b>	<b>September 4, 2024</b>	<b>September 5, 2024</b>	<b>September 6, 2024</b>
	3 oz Roasted Pork Tenderloin	6 oz Spaghetti w/Meatballs	3 oz Crispy Lemon Chicken	3 oz Hamburger on Bun
	3 oz Onion Roasted Potatoes	4 oz Cauliflower	4 oz Oven Browned Potatoes	4 oz Potato Salad
	4 oz Sautéed Green Cabbage	1 C Tossed Salad/Dressing	4 oz Capri Vegetable Blend	4 oz Homemade Coleslaw
	1 ea Dinner Roll	1 ea Dinner Roll/Margarine	1 pc Wheat Bread/Margarine	1 ea Oatmeal Cream Cookie
	1 pc Cherry Chocolate Bar	1 pkg Red Grapes	4 oz Blueberry Biscuit Cobbler	
<b>September 9, 2024</b>	<b>September 10, 2024</b>	<b>September 11, 2024</b>	<b>September 12, 2024</b>	<b>September 13, 2024</b>
3 oz Baked Glazed Ham	3 oz Herbed Pork Loin	6 oz Goulash	3 oz Swedish Meatballs	3 oz Cornflake Chicken Thigh
4 oz Parsley Noodles	4 oz Garlic Mashed Potatoes	1 C Tossed Salad	4 oz Egg Noodles	4 oz Oven Browned Potatoes
4 oz Carrots	4 oz Sautéed Green Cabbage	1 pkg Dressing	4 oz Carrots	4 oz Green Peas
1 ea Dinner Roll/Margarine	1 pc Cornbread	1 pc Garlic Toast	1 pc Wheat Bread/Margarine	1 ea Banana
4 oz Pineapple & Oranges	1 pc Lemon Cheesecake Bar	1 ea Snickerdoodle Cookie	4 oz Orange Wedges	
<b>September 16, 2024</b>	<b>September 17, 2024</b>	<b>September 18, 2024</b>	<b>September 19, 2024</b>	<b>September 20, 2024</b>
3 oz Roast Beef	3 oz Sloppy Joe w/Bun	6 oz Chicken & Noodles	3 oz Meatloaf	3 oz Sweet & Sour Meatballs
4 oz Onion Roasted Potatoes	4 oz Macaroni & Cheese	4 oz Green Peas	4 oz Garlic Mashed Potatoes	4 oz Brown Rice
4 oz Carrots	4 oz Green Beans	1 ea Dinner Roll/Margarine	4 oz Broccoli	4 oz Oriental Vegetable Blend
1 pc Wheat Bread/Margarine	1 pc Pumpkin Pie	1 pc Pineapple Upside Down Cake	1 pc Wheat Bread/Margarine	1 ea Dinner Roll/Margarine
1 pc Vanilla Pudding Cake			1 ea Red Velvet Cupcake	4 oz Baked Custard
<b>September 23, 2024</b>	<b>September 24, 2024</b>	<b>September 25, 2024</b>	<b>September 26, 2024</b>	<b>September 27, 2024</b>
6 oz Cheese Ravioli w/Sauce	6 oz Baked Potato Soup	3 oz Ham Slice	6 oz Chicken & Noodles	3 oz Honey Mustard Pork
4 oz Cauliflower	3 oz Chicken Salad Sandwich	4 oz Onion Roasted Potatoes	4 oz Golden Mashed Potatoes	4 oz Rice Pilaf
1 ea Buttered Breadstick	1 pkg Raw Baby Carrots	4 oz Green Beans	4 oz California Blend	4 oz Carrots
1 ea Cookie	1 pkg Saltines	1 ea Dinner Roll/Margarine	1 ea Biscuit	1 ea Dinner Roll/Margarine
	4 oz Cantaloupe	1 ea Banana	1 pc Lemon Poppysseed Cake	4 oz Cherry Crisp
<b>September 30, 2024</b>	<b>October 1, 2024</b>	<b>October 2, 2024</b>	<b>October 3, 2024</b>	<b>October 4, 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/Dressing	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 pkg Saltines	1 pc Wheat Bread/Margarine	4 oz Orange Wedges
3 oz Pudding	1 pc Tiramisu Cake		4 oz Ambrosia Salad	

**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.