

OCTOBER, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Serving the Seniors of Shelby County since 1996

PRESS "8" FOR NUTRITION

Table with 5 columns: MONDAY, TUESDAY, WEDNESDAY, THURSDAY, FRIDAY. Rows include dates (e.g., October 7, 2024) and lists of food items with quantities (e.g., 3 oz Meatloaf, 4 oz Mashed Potatoes/Gravy).



NEW MENU COMING SOON



The remainder of the October menu will be coming soon!

PLEASE REVIEW OUR GUIDELINES BELOW.

- 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.
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.)