

NOVEMBER, 2024

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
November 4, 2024		November 5, 2024		November 6, 2024		November 7, 2024		November 8, 2024	
3 oz	Swedish Meatballs	6 oz	Ham & Beans w/onion	3 oz	Beef Pepper Patty	3 oz	Citrus Glazed Chicken	6 oz	Spaghetti
4 oz	Wk 3 Egg Noodles	4 oz	Green Beans	4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing	4 oz	Cauliflower
4 oz	Peas & Carrots	1 ea	Biscuit	4 oz	Roasted Zucchini	4 oz	California Veg Blend	4 oz	Garlic Toast
1 ea	Buttered Breadstick	1 pc	Apple Dump Cake	4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie	3 oz	Apple Slices
1 pc	Oatmeal Raisin Cookie			1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine		
November 11, 2024		November 12, 2024		November 13, 2024		November 14, 2024		November 15, 2024	
		3 oz	Ham Slice	6 oz	Chicken ala King	3 oz	Sloppy Joe/Bun	3 oz	Beef Stew
		4 oz	Duchess Potatoes	1 C	Capri Vegetable Blend	4 oz	Steak Fries	4 oz	Tossed Salad
		4 oz	Whole Baby Carrots	1 pkg	Bowtie Pasta	4 oz	Far East Veg. Blend	4 oz	Buttered Breadstick
		1 pc	Wk 4 Diced Pears	1 pc	Cherry Chocolate Bar	1 pc	Red Grapes	1 ea	Banana
		1 pc	Cornbread	1 ea	Biscuit	4 oz			
November 18, 2024		November 19, 2024		November 20, 2024		November 21, 2024		November 22, 2024	
3 oz	Beef Stroganoff	3 oz	Turkey	3 oz	Pot Roast	6 oz	Chicken Rice Casserole	3 oz	Sweet & Sour Meatballs
4 oz	Wk 5 Egg Noodles	4 oz	Sweet Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Key West Veg. Blend	4 oz	Vegetable Fried Rice
4 oz	Whole Baby Carrots	4 oz	Green Bean Casserole	4 oz	California Blend	1C	Tossed Salad/Dressing	4 oz	Sugar Snap Peas
4 oz	Citrus Fruited Gelatin	1 pc	Pumpkin Pie	1 pc	Choc. Cheesecake Bar	4 oz	Pineapple Tidbits	4 oz	Fruit Cocktail
1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 pc	Wheat Bread/Margarine
November 25, 2024		November 26, 2024		November 27, 2024		November 28, 2024		November 29, 2024	
3 oz	Roasted Pork Tenderloin	6 oz	Chicken Pot Pie	3 oz	Meatloaf	 <p>Nutrition Services will be CLOSED Thursday and Friday for the Thanksgiving Holiday.</p>			
4 oz	AuGratin Potatoes	1 C	Tossed Salad/Dressing	4 oz	Mashed Potatoes/Gravy				
4 oz	Green Beans	4 oz	Diced Pears	4 oz	Greens Peas				
1 ea	Wk 1 Banana	1 pc	Wheat Bread/Margarine	1 pc	Pumpkin Roll				
1 ea	Dinner Roll/Margarine			1 ea	Dinner Roll/Margarine				



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.