

OCTOBER, 2024**"PART 2"****NUTRITION SERVICES OF SHELBY COUNTY***Serving the Seniors of Shelby County since 1996***937-492-6900****PRESS "8" FOR NUTRITION**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
October 21, 2024		October 22, 2024		October 23, 2024		October 24, 2024		October 25, 2024	
3 oz	Roasted Pork Tenderloin	6 oz	Chicken Pot Pie	3 oz	Meatloaf	6 oz	Chili w/Beans	3 oz	Lemon Baked Cod
4 oz	AuGratin Potatoes	1 C	Tossed Salad/Dressing	4 oz	Mashed Potatoes/Gravy	4 oz	Baked Potato	4 oz	Roasted Red Potatoes
4 oz	Green Beans	4 oz	Diced Pears	4 oz	Greens Peas	1 C	Tossed Salad/Dressing	4 oz	Brussel Sprouts
1 ea	<small>WK 1</small> Banana	1 pc	Wheat Bread/Margarine	1 ea	Ginger Spiced Blondie	4 oz	Chilled Peaches	4 oz	Mixed Melon Salad
1 ea	Dinner Roll/Margarine			1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine
October 28, 2024		October 29, 2024		October 30, 2024		October 31, 2024		November 1, 2024	
3 oz	Cabbage Roll w/Sauce	6 oz	Turkey Mostaccioli	4 oz	Beef Shepherd's Pie	3 oz	Cornflake Chicken Thigh	3 oz	Breaded Fish
4 oz	Garden Rice Blend	4 oz	<small>WK 4</small> Cauliflower	4 oz	Mashed Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Potato Wedges
4 oz	Broccoli	1 ea	Chocolate Chip Cookie	4 oz	Green Beans	4 oz	Far East Veg Blend	4 oz	Capri Vegetable Blend
3 oz	Apple Slices	1 pc	Garlic Toast	4 oz	Citrus Fruit Gelatin	1 pkg	Grapes	1 pc	Frosted Chocolate Cake
1 ea	Wheat Bread/Margarine			1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine



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.

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.)