

JANUARY, 2025**NUTRITION SERVICES OF SHELBY COUNTY****937-492-6900, OPTION 8***Serving the Seniors of Shelby County since 1996*

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
January 6, 2025		January 7, 2025		January 8, 2025		January 9, 2025		January 10, 2025	
3 oz	Cabbage Roll w/Sauce	6 oz	Turkey Mostaccioli	4 oz	Beef Shepherd's Pie	3 oz	Cornflake Chicken	3 oz	Breaded Fish
4 oz	Garden Rice Blend	4 oz	Cauliflower	4 oz	Mashed Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Potato Wedges
4 oz	WK 2 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
January 13, 2025		January 14, 2025		January 15, 2025		January 16, 2025		January 17, 2025	
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	Capri Veg Blend	4 oz	Mashed Potatoes/Gravy	4 oz	Bread Stuffing	4 oz	Cauliflower
4 oz	Peas & Carrots	1 pc	Apple Dump Cake	4 oz	Roasted Zucchini	4 oz	California Veg Blend	4 oz	Apple Slices
1 ea	Oatmeal Raisin Cookie	1 ea	Cornbread	4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie	1 pc	Garlic Toast
1 ea	Buttered Breadstick			1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine		
January 20, 2025		January 21, 2025		January 22, 2025		January 23, 2025		January 24, 2025	
		3 oz	Chopped Steak	3 oz	BBQ Chicken	3 oz	Sloppy Joe/Bun	6 oz	Beef Stew
		4 oz	Baked Potato	4 oz	Capri Vegetable Blend	4 oz	Steak Fries	1C	Tossed Salad
		4 oz	Corn	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 ea	Buttered Breadstick
		1 pc	Angel Food Cake w/Berries	1 ea	Cherry Chocolate Bar	1 pkg	Red Grapes	1 ea	Banana
		1 pc	Wheat Bread/Margarine	1 ea	Biscuit				
January 27, 2025		January 28, 2025		January 29, 2025		January 30, 2025		January 31, 2025	
3 oz	Beef Stroganoff	6 oz	Chicken Rice Casserole	3 oz	Pot Roast	3 oz	Cranberry Glazed Turkey	3 oz	Sweet & Sour Meatballs
4 oz	WK 5 Egg Noodles	4 oz	Key West Veg. Blend	4 oz	Golden Mashed Potatoes	4 oz	Baked Sweet Potato Half	4 oz	Vegetable Fried Rice
4 oz	Whole Baby Carrots	1C	Tossed Salad/Dressing	4 oz	California Blend	4 oz	Broccoli	4 oz	Sugar Snap Peas
4 oz	Citrus Fruited Gelatin	4 oz	Pineapple Tidbits	1 pc	Choc. Cheesecake Bar	4 oz	Cinnamon Applesauce	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

**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 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.