

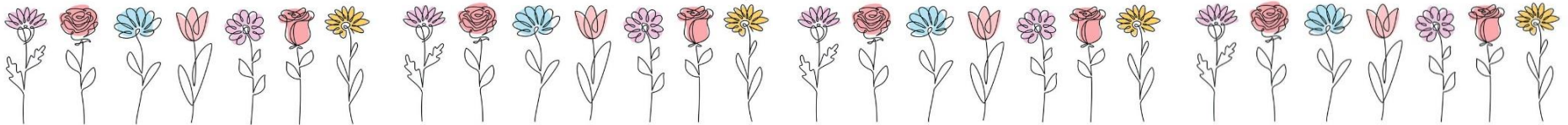
# MAY, 2025

## NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
May 5, 2025		May 6, 2025		May 7, 2025		May 8, 2025		May 9, 2025	
3 oz	Roast Beef	3 oz	Ham Slice	3 oz	BBQ Chicken	3 oz	Sloppy Joe/Bun	6 oz	Beef Stew
4 oz	Mashed Potatoes/Gravy	4 oz	Duchess Potatoes	4 oz	Capri Vegetable Blend	4 oz	Steak Fries	1C	Tossed Salad/Dressing
4 oz	Green Beans	4 oz	Whole Baby Carrots	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 ea	Buttered Breadstick
3 oz	WK 4 Apple Slices	1 pc	Diced Pears	1 ea	Cherry Chocolate Bar	1 pkg	Red Grapes	1 ea	Banana
1 pc	Wheat Bread/Margarine	1 pc	Cornbread	1 ea	Biscuit				
May 12, 2025		May 13, 2025		May 14, 2025		May 15, 2025		May 16, 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	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
May 19, 2025		May 20, 2025		May 21, 2025		May 22, 2025		May 23, 2025	
3 oz	Roasted Pork Tenderloin	3 oz	Chicken	3 oz	Meatloaf	6 oz	Chili w/Beans	3 oz	Lemon Baked Cod
4 oz	AuGratin Potatoes	4 oz	Potato Salad	4 oz	Mashed Potatoes/Gravy	4 oz	Baked Potato	4 oz	Roasted Red Potatoes
4 oz	Green Beans	4 oz	Corn	4 oz	Greens Peas	1 C	Tossed Salad/Dressing	4 oz	Brussel Sprouts
1 ea	WK 1 Banana	1 pc	Strawberry Rhubarb Pie	1 pc	Ginger Spiced Blondie	4 oz	Chilled Peaches	4 oz	Mixed Melon Salad
1 ea	Dinner Roll/Margarine	1 pc	Biscuit	1 ea	Wheat Bread/Margarine	1 pkg	Crackers	1 ea	Dinner Roll/Margarine
May 26, 2025		May 27, 2025		May 28, 2025		May 29, 2025		May 30, 2025	
		6 oz	Goulash	4 oz	Beef Shepherd's Pie	3 oz	Cornflake Chicken	3 oz	Breaded Fish
		4 oz	Cauliflower	4 oz	Mashed Potatoes	4 oz	Golden Mashed Potatoes	4 oz	Potato Wedges
		1 ea	Chocolate Chip Cookie	4 oz	Green Beans	4 oz	Far East Veg Blend	4 oz	Capri Vegetable Blend
		1 pc	WK 2 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



**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 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.