

JULY, 2025

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900, OPTION 8

Serving the Seniors of Shelby County since 1996

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
July 7, 2025		July 8, 2025		July 9, 2025		July 10, 2025		July 11, 2025	
3 oz	Swedish Meatballs	6 oz	Ham & Beans	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	4 oz	Apple Slices	4 oz	Roasted Zucchini	4 oz	California Veg Blend	4 oz	Applesauce
1 ea	Oatmeal Raisin Cookie	1 pc	Cornbread	4 oz	Cherry Crisp	1 ea	Chocolate Chip Blondie	1 pc	Garlic Toast
1 ea	Buttered Breadstick			1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine		
July 14, 2025		July 15, 2025		July 16, 2025		July 17, 2025		July 18, 2025	
3 oz	Roast Beef	3 oz	BBQ Pork	3 oz	BBQ Chicken	3 oz	Sloppy Joe/Bun	6 oz	Beef Stew
4 oz	Mashed Potatoes/Gravy	4 oz	Baked Beans	4 oz	Capri Vegetable Blend	4 oz	Steak Fries	1C	Tossed Salad/Dressing
4 oz	Green Beans	4 oz	Corn	4 oz	Bowtie Pasta	4 oz	Far East Veg. Blend	1 ea	Buttered Breadstick
3 oz	WK 4 Apple Slices	1 pc	Strawberry Shortcake	1 ea	Cherry Chocolate Bar	1 pkg	Red Grapes	1 ea	Banana
1 pc	Wheat Bread/Margarine	1 pc	Cornbread	1 ea	Biscuit				
July 21, 2025		July 22, 2025		July 23, 2025		July 24, 2025		July 25, 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
July 28, 2025		July 29, 2025		July 30, 2025		July 31, 2025		August 1, 2025	
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	WK 1 Banana	1 pc	Wheat Bread/Margarine	1 pc	Ginger Spiced Blondie	4 oz	Chilled Peaches	4 oz	Mixed Melon Salad
1 ea	Dinner Roll/Margarine			1 ea	Dinner Roll/Margarine	1 pkg	Crackers	1 ea	Dinner Roll/Margarine

PLEASE NOTE: We
still anticipate a new
menu! If it changes soon,
we will reissue the menu.



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.