

		NUTRITION SERVICES OF SHELBY COUNTY				937-492-6900			
		<i>Serving the Seniors of Shelby County since 1996</i>				OPTION 8			
MONDAY		TUESDAY		WEDNESDAY		THURSDAY			
January 5, 2026		January 6, 2026		January 7, 2026		January 8, 2026			
6 oz	Beef Stew <small>WK 5</small>	3 oz	General Tso Chicken	3 oz	Mushroom Swiss Burger/Bun	6 oz	Chicken & Dumplings	3 oz	Bourbon Chicken Thighs
4 oz	Egg Noodles	4 oz	White Rice	4 oz	Baked Potato	4 oz	Carrots	4 oz	Cheesy Mashed Potatoes
4 oz	Blueberry Cobbler	4 oz	Sugar Snap Peas	4 oz	Winter Blend Vegetable	4 oz	Mandarin Oranges	4 oz	Broccoli
1 ea	Dinner Roll/Margarine	1 ea	Oreo Blondie	1 ea	Chocolate Fudge Cupcake	1 pc	Wheat Bread/Margarine	1 ea	Lemon Bar
1 pc		1 pc	Wheat Bread/Margarine					1 ea	Dinner Roll/Margarine
January 12, 2026		January 13, 2026		January 14, 2026		January 15, 2026		January 16, 2026	
3 oz	Ham Slice <small>WK 1</small>	6 oz	Chicken Enchiladas	6 oz	Beef Shepherd's Pie	6 oz	Pizza Casserole	3 oz	Baked Ranch Chicken
4 oz	Cheesy Mashed Potatoes	2 oz	Sauteed Peppers/Onions	4 oz	Mashed Potatoes	4 oz	Broccoli	4 oz	Rice Pilaf
4 oz	Broccoli	1 pc	Sweet Potato Cornbread	1 ea	Banana Cupcake	1 ea	Breadstick	4 oz	Capri Vegetable Blend
1 pc	Cherry Pretzel Square	1 pc	Vanilla Sponge Cake	1 pc	Wheat Bread/Margarine	1 pc	Cherry Cheesecake	1 ea	Chocolate Chip Cookie
1 ea	Dinner Roll/Margarine						Delight	1 pc	Wheat Bread/Margarine
January 19, 2026		January 20, 2026		January 21, 2026		January 22, 2026		January 23, 2026	
		3 oz	Cheeseburger	3 oz	Meatloaf	6 oz	Beef Goulash	3 oz	Cracker Crumb Chicken
		4 oz	Potato Salad <small>WK 2</small>	4 oz	Mashed Potatoes/Gravy	4 oz	Broccoli	4 oz	Cheesy Mashed Potatoes
		4 oz	Baked Beans	4 oz	Green Beans	4 oz	Pineapple Chunks	4 oz	Sweet Peas
		1 pc	Strawberry Shortcake	4 oz	Pudding	1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine
				1 ea	Dinner Roll/Margarine			1 pc	Pineapple Upside Down Cake
January 26, 2026		January 27, 2026		January 28, 2026		January 29, 2026		January 30, 2026	
3 oz	Beef Teriyaki	3 oz	Herbed Pork Loin/Gravy	6 oz	Kielbasa / Sauerkraut	3 oz	Vegetable Baked Fish	3 oz	Pot Roast
4 oz	White Rice <small>WK 3</small>	4 oz	Garlic Mashed Potatoes	4 oz	Onion Roasted Potatoes	4 oz	Rice Pilaf	4 oz	Baked Potato
4 oz	Sugar Snap Peas	4 oz	Carrots	4 oz	Capri Vegetable Blend	4 oz	Sugar Snap Peas	4 oz	Carrots
1 pc	Custard Pie	1 pc	Apple Brown Betty	1 ea	M & M Cookie	4 oz	Cinnamon Rice Pudding	1 ea	Brownie Crinkle Cookie
1 pc	Wheat Bread/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine	1 ea	Dinner Roll/Margarine



Advice from a
SNOWMAN

Be a jolly, happy soul
Spend time outdoors
Stay cool
It's OK to be a little bottom heavy
Avoid meltdowns
Be well-rounded
Live well, life is short!

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.