

MAY, 2026	NUTRITION SERVICES OF SHELBY COUNTY				937-492-6900
	<i>Serving the Seniors of Shelby County since 1996</i>				OPTION 8
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
May 4, 2026	May 5, 2026	May 6, 2026	May 7, 2026	May 8, 2026	
4oz Chili w/beans 4 oz Baked Potato WK 2 4 oz Peach Cobbler 1 pc Crackers 1 pc	3 oz Savory Baked Chicken 4 oz Parmesan Noodles 4 oz Broccoli 1 pc Brownie 1 ea Butter Bread Stick	6 oz Meatloaf 4 oz Mashed Potatoes/ Gravy 4 oz Green Beans 1 ea Pudding 1 ea Dinner Roll/Margarine	3 oz Beef Goulash 4 oz Broccoli 4 oz Pineapple Chunks 4 oz Wheat Bread/Margarine 1 ea	3 oz Cracker Crumb Chicken 4 oz Cheesy Mashed Potatoes 4 oz Sweet Peas 1 ea Pineapple Cake 1 ea Dinner Roll/Margarine	
May 11, 2026	May 12, 2026	May 13, 2026	May 14, 2026	May 15, 2026	
3 oz Meatloaf 4 oz Mashed Potatoes/ gravy 4 oz Green Beans 1 ea Buckeye Cake 1ec Biscuit WK 3	3oz Roasted Pork Tenderloin 3oz Onion Roasted Potatoes 4 oz Sauteed Cabbage 4 oz Brownie 1 ea Dinner Roll	3 oz Chicken Salad on Croissant 4 oz Macaroni Salad 4 oz Cucumbers & Tomatoes 1 pc M&M Cookie 1 ea	3 oz Crispy Chicken 4 oz Oven Brownd Potatoes 4 oz Capir Vegetable Blend 1 ea Blueberry Cobbler 1 ea Wheat Bread/Margarine	3 oz Grilled Pork Chop 4 oz Mashed Potatoes 4 oz Green Beans 1 ea Chocolate Chip Blondies 1 ea Bisciut	
May 18, 2026	May 19, 2026	May 20, 2026	May 21, 2026	May 22, 2026	
6 oz Baked Glazed Ham w4 4 oz Parsley Noodles 4 oz Carrots 1 pc Pineapples/ Oranges Dinner Roll	3 oz Shredded Chicken Sandwich 4oz Potatoe Salad 4 oz Salad 4 oz Strawberry Cheese Cake 1 pc	Beef Goulash 4 oz Tossed Salad 4 oz Garlic Toast 1 pc Snickerdoodle Cookie	6 oz Swedish Meatballs 4 oz Egg Noodles 4 oz Carrots 1 pc Orange Wedges Wheat Bread/Margarine	3 oz Hamburger 4 oz Potato Salad 4 oz Coleslaw 1 ea Oatmeal Cream Pie 1 ea	
May 25, 2026	May 26, 2026	May 27, 2026	May 28, 2026	May 29, 2026	
3 oz  4 oz 4 oz 1 pc 1 ea	4OZ Dijon Chicken 3OZ Rosemary Roasted Potatoes 4OZ Green Beans 3OZ Pudding 1EC Wheat Bread w/5	6 oz Cabbage Rolls 4 oz Mashed Potatoes 1 pc Carrots 1 pc Banana Dinner Roll/Margarine	6 oz Pork w/Kraut 4 oz Oven Brownd Potatoes 1 ea Sauteed Zuccini 1 pc Princess Bars Dinner Roll	3 oz Sweet & Sour Meat Balls 4 oz Brown Rice 4 oz Stir Fry Vegetables 1 ea Baked Custard 1 pc Wheat Bread	
					
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 or 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.					