

AUGUST, 2026

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Serving the Seniors of Shelby County since 1996

OPTION 8

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
August 3, 2026		August 4, 2026		August 5, 2026		August 6, 2026		August 7, 2026	
4oz Roast Beef w5	3 oz	BBQ Chicken	6 oz	Cabbage Rolls	3 oz	Pork With Kraut	3 oz	Meat Loaf	
4 oz Au Gratin Potatoes	4 oz	Stuffing	4 oz	Mashed Potatoes	4 oz	Mashed Potatoes	4 oz	Garlic Mashed Potatoes	
4 oz Capri Vegetable Blend	4 oz	Green Beans	4 oz	Carrots	4 oz	Cauliflower	4 oz	Broccoli	
1 pc Vanilla Pudding Cake	1 pc	Pudding	1 ea	Banana	4 oz	Chocolate Cake	1 ea	Red Velvet Cookie	
1 pc Dinner Roll	1 ea	Wheat Bread	1 ea	Dinner Roll	1 ea	Dinner Roll	1 ea	Dinner roll	
August 10, 2026		August 11, 2026		August 12, 2026		August 13, 2026		August 14, 2026	
3 oz Honey Mustard Pork Tenderloin	3oz	Balsamic Marinated Beef Tips	3 oz	Ham Slices	3 oz	Chicken & Noodles	3 oz	Cheese Ravioli	
4 oz Rice Pilaf	3oz	Garlic Mashed Potatoes	4 oz	Onion Roasted Potatoes	4 oz	Mashed Potatoes / Gravy	4 oz	Cauliflower	
4 oz Carrots	4 oz	Green Peas	4 oz	Green Beans	4 oz	California Blend	4 oz	Buttered Bread Stick	
1 ea Cherry Crisp	4 oz	Brownie Crinkle Cookie	1 pc	Banana	1 ea	Lemon Cake	1 ea	Mixed Melon	
1ec Dinner Roll	1 ea	Biscuit	1 ea	Wheat Bread	1 ea	Biscuit	1 ea		
August 17, 2026		August 18, 2026		August 19, 2026		August 20, 2026		August 21, 2026	
3 oz Herb Crusted Cod	3 oz	Brats	6 oz	Chili	6 oz	BBQ Chicken	6 oz	Unstuffed Peppers	
4 oz Egg Noodles	4oz	Baked Beans	4 oz	Tossed Salad	4 oz	Potato Wedges	4 oz	Green Beans	
4 oz Broccoli	4 oz	Macarion Salad	4 oz	Watermelon	4 oz	Creamy Coleslaw	4 oz	Orange Cake	
1 pc Raspberry Parfait Pie	4 oz	Strawberry Pie	1 pc	Saltines	1 pc	Ambrosia Salad	1 ea	Dinner Roll	
	1 pc					Wheat Bread	1 ea		
August 24, 2026		August 25, 2026		August 26, 2026		August 27, 2026		August 28, 2026	
3 oz Meatloaf	3 oz	Kielbasa &		Spaghetti with Meat Sauce	3 oz	Crispy Chicken	3 oz	Grilled Pork Chops	
4 oz Mashed Potatoes /Gravy	3OZ	Sauerkraut		Tossed Salad	4 oz	Onion Browned Potatoes	4 oz	Mashed Potatoes	
4 oz Green Beans ☐ wk 3	4OZ	Mashed Potatoes		Garlic Toast	4 oz	Capri Vegetable Blend	4 oz	Green Beans	
1 pc Buckeye Cake	4OZ	Capri Vegetable Blend		Grapes	1 pc	Blueberry Coblere	1 ea	Chocolate Chip Blondies	
1 ea Biscuit	1EC	M&M Cookie				Wheat Braed	1 pc	Wheat Bread	
August 31, 2026									
3 oz Baked Glazed Ham									
4 oz Parsely Noodles w4									
4 oz Carrots.									
4 oz Pineapple/ Oranges									

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.