

SEPTEMBER, 2026

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Serving the Seniors of Shelby County since 1996

OPTION 8

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
		September 1, 2026		September 2, 2026		September 3, 2026		September 4, 2026	
4oz	wk 4	3 oz	Herb Crusted Pork Loin	6 oz	Beef Goulash	3 oz	Swedish Meatballs	6oz	Baked Ziti
4 oz		4 oz	Mashed Potatoes	4 oz	Peas	4 oz	Egg Noodles	4 oz	Mixed Vegetable
4 oz		4 oz	Broccoli	4 oz	Garlic Toast	4 oz	Cauliflower	1pc	Garlic Toast
1 pc		1 pc	Lemon Cake	1 ea	Snickerdoodle Cookie	4 oz	Mandarin Oranges	4oz	Lemon Mousse
1 pc		1 ea	Wheat Bread	1 ea		1 ea	Dinner Roll	1 ea	
September 7, 2026		September 8, 2026		September 9, 2026		September 10, 2026		September 11, 2026	
3 oz	CLOSED	3oz	BBQ Chicken	3 oz	Cabbage Rolls	3 oz	Pork & Kraut	3 oz	Sweet & Sour Meatballs
4 oz		3oz	Stuffing	4 oz	Mashed Potatoes	4 oz	Mashed Potatoes	4 oz	Brown Rice
4 oz		4 oz	Green Peas	4 oz	Carrots	4 oz	Cauliflower	4 oz	Peas
1 ea		4 oz	Pudding	1 pc	Banana	1 ea	Cookie	1 ea	Ambrosia Salad
1ec		1 ea	Wheat Bread	1 ea	Wheat Bread	1 ea	Corn Bread	1 ea	Dinner Roll
September 14, 2026		September 15, 2026		September 16, 2026		September 17, 2026		September 18, 2026	
3 oz	Honey Mustard Pork Tenderloin	3 oz	Sloppy Joe	6 oz	Ham Slices	6 oz	Chicken & Noodles	6 oz	Cheese Ravioli/ Sauce
4 oz	wk1 Rice Pilaf	4oz	Baked Beans	4 oz	Onion Roasted Potatoes	4 oz	Mashed Potatoes/ Gravy	4 oz	Cauliflower
4 oz	Carrots	4 oz	Potatoe Salad	4 oz	Green Beans	4 oz	California Blend	4 oz	Butter Breadstickl
1 pc	Cherry Crisp	4 oz	Watermelon	1 pc	Banana	1 pc	Lemon Poppyseed Cake	1 ea	Dinner Roll
	Dinner Roll	1 pc			Wheat Bread		Dinner Roll	1 ea	Orange Cake
September 21, 2026		September 22, 2026		September 23, 2026		September 24, 2026		September 25, 2026	
3 oz	Beef & Noodles	3 oz	Chicken Parmesan		Chili	3 oz	BBQ Chicken	3 oz	Unstuffed Peppers
4 oz	Mashed Potatoes	3OZ	Spaghetti Noodles / Sauce		Tossed Salad	4 oz	Potatoe Wedges	4 oz	Mashed Potatoes
4 oz	Broccoli	4OZ	Cauliflower		Tomato & Cucumbers	4 oz	Creamy Coleslaw	4 oz	Green Beans
1 pc	Pudding	4OZ	Garlic Toast		Watermelon	1 pc	Ambrosia Sa'lad	1 ea	Orange Wedges
1 ea	Corn Bread	1EC	Tiramisu Cake		Crackers		Wheat Braed	1 pc	Dinner Roll
September 28, 2026		September 29, 2026		September 30, 2026					
3 oz	wk 3 Meatloaf	3 oz	German Kielbasa	6 oz	Spaghettii with Meat Sauce				
4 oz	Mashed Potatoes	3 oz	Sauerkraut	4 oz	Cauliflower				
4 oz	Green Beans	4 oz	Onion Roasted Potatoes	1 pc	Garlic Toast				
4 oz	Buckeye Cake	3 oz	Capri Vegetable Blend	4 oz	Peaches				
	Dinner Roll		M&M Cookie / Dinner Roll						

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.