

OCTOBER, 2026

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Serving the Seniors of Shelby County since 1996

OPTION 8

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

OCTOBER, 1

October 2, 2026

4oz	3 oz	6 oz	3 oz	6oz	Grilled Pork Chops
4 oz	4 oz	4 oz	4 oz	4 oz	Mashed Potatoes
4 oz	4 oz	4 oz	4 oz	1pc	Green Beans
1 pc	1 pc	1 ea	4 oz	4oz	Chocolate Chip Blondies
1 pc	1 ea	1 ea	1 ea	1 ea	Wheat Bread

October 5, 2026

October 6, 2026

October 7, 2026

October 8, 2026

October 9, 2026

3 oz	3oz	3 oz	3 oz	3 oz	Baked Ziti
4 oz	3oz	4 oz	4 oz	4 oz	Mixed Vegetables
4 oz	4 oz	4 oz	4 oz	4 oz	Garlic Toast
1 ea	4 oz	1 pc	1 ea	1 ea	Chocolate Mousse
1ec	1 ea	1 ea	1 ea	1 ea	

October 12, 2026

October 13, 2026

October 14, 2026

October 15, 2026

October 16, 2026

3 oz	3 oz	6 oz	6 oz	6 oz	Sweet & Sour Meatballs
4 oz	4oz	4 oz	4 oz	4 oz	Brown Rice
4 oz	4 oz	4 oz	4 oz	4 oz	Peas
1 pc	4 oz	1 pc	1 pc	1 ea	Ambrosia Salad
	1 pc	Wheat Bread		1 ea	Wheat Bread

CLOSED

October 20, 2026

October 21, 2026

October 22, 2026

October 23, 2026

3 oz	3 oz		3 oz	3 oz	Cheese Ravioli/ Sauce
4 oz	3oz		4 oz	4 oz	Cauliflower
4 oz	4oz		4 oz	4 oz	Buttered Bread Stick
1 pc	4oz		1 pc	1 ea	Fruit Cocktail
1 ea	1EC		1 pc	1 pc	

October 26, 2026

October 27, 2026

October 28, 2026

October 29, 2026

October 30, 2026

3 oz	3 oz	6 oz			Unstuffed Peppers
4 oz	3 oz	4 oz			Mashed Potatoes
4 oz	4 oz	1 pc			Green Beans
4 oz	3 oz	4 oz			Mandarin 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.