

NOVEMBER, 2020



NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

Menu Posted at: <https://fairhavenservices.com/our-services/nutritional-services>

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
November 2, 2020		November 3, 2020		November 4, 2020		November 5, 2020		November 6, 2020	
3 oz	Creamy Swiss Beef	3 oz	Herbed Pork Loin	3 oz	Swedish Meatballs	3 oz	Cornflake Chicken Breast	3 oz	Grilled Sweet & Sour Beef
4 oz	Bread Stuffing	4 oz	Red Skin Mashed Potatoes	4 oz	Buttered Noodles	4 oz	Baked Sweet Potato Half	4 oz	White Rice
4 oz	Green Peas	4oz	Green Beans	4 oz	Whole Baby Carrots	4 oz	Cauliflower	4 oz	Oriental Vegetable Blend
1 ea	Wheat Bread	1 ea	Dinner Roll	1 pc	Wheat Bread	1 ea	Southern Style Biscuit	1 ea	Dinner Roll
1 ea	Pudding Tart	1 pc	Harvest Apple Strudel	1 ea	Fudge Round	4 oz	Chocolate Mousse	4 oz	Angel Food Cake w/Strawberries
November 9, 2020		November 10, 2020		November 11, 2020		November 12, 2020		November 13, 2020	
6 oz	Tuna Noodle Casserole	3 oz	Crispy Lemon Chicken Breast	<p>VETERANS DAY</p>		3 oz	Meatloaf	6 oz	Pork and Apple Stew
4 oz	Carrots	4 oz	Garden Rice Blend			4 oz	Mashed Potatoes	1 ea	Baked Potato
1 ea	Buttered Breadstick	4 oz	Sugar Snap Peas			4 oz	Peas & Pearl Onions	1 ea	Southern Style Biscuit
1 ea	Ginger Spiced Blondie Bar	1 pc	Wheat Bread			4 oz	Peach Cobbler with Biscuit	1 ea	Peanut Butter Cookie
		1 pc	Banana Cream Pie			1 ea	Dinner Roll		
November 16, 2020		November 17, 2020		November 18, 2020		November 19, 2020		November 20, 2020	
3 oz	Pot Roast	3 oz	Baked Glazed Ham	3 oz	Beef Teriyaki	3 oz	Chicken & Broccoli Pot Pie	3 oz	Beef Burgundy
4 oz	Mashed Potatoes	4 oz	Onion Roasted Potatoes	3 oz	White Rice	4 oz	Green Beans & Mushrooms	4 oz	Red Skin Mashed Potatoes
4 oz	Stewed Tomatoes	4 oz	Sauteed Asparagus	4 oz	Oriental Vegetable Blend	1 pc	Wheat Bread	4 oz	Sugar Snap Peas
1 ea	Southern Style Biscuit	4 oz	Apricot Crisp	1 pc	Wheat Bread	1 pc	Cinnamon Maple Apple Cake	1 ea	Dinner Roll
1 pc	Red Velvet Cake Roll	1 ea	Dinner Roll	1 ea	Butterscotch Brownie Parfait			1 ea	Princess Bar
November 23, 2020		November 24, 2020		November 25, 2020		November 26, 2020		November 27, 2020	
3 oz	Fire Braised Pork Shoulder	3 oz	Meatloaf	3 oz	Roast Turkey/Gravy				
4 oz	Parmesan Rice	4 oz	Mashed Potato/Gravy	4 oz	Stuffing / Dinner Roll				
4 oz	Baked Beans	4 oz	Green beans w/ butter	4 oz	Mashed Potatoes				
4 oz	Apple Cobbler w/ Biscuit	1 ea	Snickerdoodle	4 oz	Green Bean Casserole				
1 pc	Wheat Bread	1 ea	Dinner Roll	1 pc	Pumpkin pie w/whipped cream				
November 30, 2020		December 1, 2020		December 2, 2020		December 3, 2020		December 4, 2020	
6 oz	Chili w/Beans	6 oz	Chicken and Dumplings	3 oz	Beef & Vegetable Stir Fry	3 oz	Breaded Fish	3 oz	Cranberry Glazed Turkey
1 C	Tossed Salad w/dressing	4 oz	Peas & Carrots	4 oz	White Rice	4 oz	Cheese Topped Baked Potato	4 oz	Mashed Potatoes/Gravy
1 pc	Combread	1 ea	Biscuit	4 oz	Sauteed Mushrooms	4 oz	Asparagus	4 oz	Green Bean Casserole
4 oz	Peaches & Cream Parfait	4 oz	Blackberry Fruit Cobbler	1 pc	Wheat Bread	1 pc	Wheat Bread	1 ea	Dinner Roll
				1 ea	Chocolate Chip Blondie	1 ea	Oatmeal Cream Cookie	1 ea	Peanut Butter Brownies

MENUS/FOOD PREPARATION: Food prepared at Fair Haven, 2901 Fair Road, Sidney. For questions call 937-492-6900 or view our website. Menus are subject to change. All meals served with milk or milk substitute. We offer fruit in place of sweets; please call Nutrition Services if you wish this substitution.

CONSUME MEAL IMMEDIATELY OR REFRIGERATE.

REHEATING : Peel back film to vent or slit film. **Microwave:** Reheat 2-3 minutes or **Conventional Oven:** Place on cookie sheet, heat at 350 degrees for 10 minutes.

ROUTE CLOSINGS: We announce any closing on WMVR Radio 105.5 and also attempt to phone you. Please keep us informed of changes in phone numbers.

DELIVERY TIMES: Your delivery times may vary slightly from day-to-day. Please be patient with your drivers as they attempt to serve you in a safe and timely manner!

CANCELLATIONS: We cannot leave meals if you are not home. Please cancel in advance by informing your driver or calling Nutrition Services at 937-492-6900.

Serving the Seniors of Shelby County

