

OCTOBER, 2020



NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>October 5, 2020</b>		<b>October 6, 2020</b>		<b>October 7, 2020</b>		<b>October 8, 2020</b>		<b>October 9, 2020</b>	
6 oz	Tuna Noodle Casserole	3 oz	Crispy Lemon Chicken Breast	3 oz	Honey Glazed Pork Chop	3 oz	Meatloaf	6 oz	Pork and Apple Stew
4 oz	Carrots	4 oz	Garden Rice Blend	4 oz	Roasted Potato Medley	4 oz	Mashed Potatoes	1 ea	Baked Potato
1 ea	Buttered Breadstick	4 oz	Sugar Snap Peas	4 oz	Green Beans	4 oz	Peas & Pearl Onions	1 ea	Southern Style Biscuit
1 ea	Ginger Spiced Blondie Bar	1 pc	Wheat Bread	1 ea	Dinner Roll	4 oz	Peach Cobbler with Biscuit	1 ea	Peanut Butter Cookie
		1 pc	Banana Cream Pie	1 ea	Turtle Squares	1 ea	Dinner Roll		
<b>October 12, 2020</b>		<b>October 13, 2020</b>		<b>October 14, 2020</b>		<b>October 15, 2020</b>		<b>October 16, 2020</b>	
		3 oz	Cranberry Glazed Turkey	3 oz	Beef Teriyaki	3 oz	Chicken & Broccoli Pot Pie	3 oz	Beef Burgundy
		4 oz	Onion Roasted Potatoes	3 oz	White Rice	4 oz	Green Beans & Mushrooms	4 oz	Red Skin Mashed Potatoes
		4 oz	Sauteed Asparagus	4 oz	Oriental Vegetable Blend	1 pc	Wheat Bread	4 oz	Sugar Snap Peas
		4 oz	Apricot Crisp	1 pc	Wheat Bread	1 pc	Cinnamon Maple Apple Cake	1 ea	Dinner Roll
		1 ea	Dinner Roll	1 ea	Butterscotch Brownie Parfait			1 ea	Princess Bar
<b>October 19, 2020</b>		<b>October 20, 2020</b>		<b>October 21, 2020</b>		<b>October 22, 2020</b>		<b>October 23, 2020</b>	
3 oz	Fire Braised Pork Shoulder	3 oz	Meatloaf	3 oz	Beef Shepherd's Pie	6 oz	Cheesy Turkey Casserole	3 oz	Panko Crusted Tilapia
4 oz	Parmesan Rice	4 oz	Mashed Potato/Gravy	4 oz	Mashed Potatoes	4 oz	Broccoli	4 oz	Parsley Noodles
4 oz	Baked Beans	4 oz	Green beans w/ butter	4 oz	Cooked Cabbage	1 ea	Dinner Roll	4 oz	Sauteed Mushrooms
4 oz	Apple Cobbler w/ Biscuit	1 pc	Pumpkin pie w/ whipped cream	1 pc	Wheat Bread	4 oz	Blueberry Cheesecake Delight	1 pc	Wheat Bread
1 pc	Wheat Bread	1 ea	Dinner Roll	1 pc	Double Chocolate Cake			1 ea	Lemon Bar
<b>October 26, 2020</b>		<b>October 27, 2020</b>		<b>October 28, 2020</b>		<b>October 29, 2020</b>		<b>October 30, 2020</b>	
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	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 ea	Wheat Bread	1 ea	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

