


JANUARY, 2021



NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
January 4, 2021		January 5, 2021		January 6, 2021		January 7, 2021		January 8, 2021	
3 oz	Dill Glazed Salmon	6 oz	Chili with Beans	6 oz	Cheese Ravioli w/Sauce	3 oz	Breaded Fish	3 oz	Cranberry Glazed Turkey
4 oz	Cooked Cabbage	1 pc	Cornbread	4 oz	Sauteed Mushrooms	1 ea	Cheese Topped Baked Potato	4 oz	Mashed Potatoes/Gravy
4 oz	Roasted Potato Medley	4 oz	Carrots w/ranch	1 ea	Breadstick	4 oz	Asparagus	4 oz	Green Bean Casserole
4 oz	Blackberry Fruit Cobbler	4 oz	Peaches & Cream Parfait	1 ea	Chocolate Chip Blondie	1 ea	Dinner Roll	1 ea	Dinner Roll
1 pc	Wheat Bread					1 ea	Oatmeal Cream Cookie	1 ea	Peanut Butter Brownie
January 11, 2021		January 12, 2021		January 13, 2021		January 14, 2021		January 15, 2021	
3 oz	Creamy Swiss Beef	3 oz	BBQ Ribs	3 oz	Swedish Meatballs	3 oz	Cornflake Chicken Breast	3 oz	Grilled Sweet & Sour Beef
4 oz	Bread Stuffing	4 oz	Cream Corn	4 oz	Buttered Noodles	1 ea	Baked Sweet Potato Half	4 oz	White Rice
4 oz	Green Peas	4 oz	Potato Salad	4 oz	Whole Baby Carrots	4 oz	Cauliflower	4 oz	Oriental Vegetable Blend
1 ea	Dinner Roll	1 pc	Wheat Bread	1 ea	Dinner Roll	1 ea	Southern Style Biscuit	1 ea	Wheat Bread
1 ea	Pudding Tart	1 pc	Strawberry Shortcake	1 ea	Fudge Round	4 oz	Chocolate Mousse	1 pc	Angel Food Cake w/Berries
January 18, 2021		January 19, 2021		January 20, 2021		January 21, 2021		January 22, 2021	
 MARTIN LUTHER KING, JR. DAY		3 oz	Hamburger	3 oz	Honey Glazed Pork Chop	3 oz	Meatloaf	6 oz	Pork and Apple Stew
		4 oz	Potato Chips	4 oz	Roasted Potato Medley	4 oz	Mashed Potatoes	4 oz	Baked Potato
		4 oz	Coleslaw	4 oz	Green Beans	4 oz	Peas & Pearl Onions	1 ea	Southern Style Biscuit
		1 ea	Chocolate Chip Cookie	1 ea	Dinner Roll	1 ea	Dinner Roll	1 ea	Peanut Butter Cookie
		1 ea		1 ea	Turtle Squares	4 oz	Peach Cobbler w/Biscuit		
January 25, 2021		January 26, 2021		January 27, 2021		January 28, 2021		January 29, 2021	
3 oz	Pot Roast	6 oz	Spaghetti w/Marinara	3 oz	Beef Teriyaki	3 oz	Roasted Turkey/Gravy	3 oz	Beef Burgundy
4 oz	Mashed Potatoes	4 oz	Broccoli	3 oz	White Rice	4 oz	Stuffing / Mashed Potatoes	4 oz	Red Skin Mashed Potatoes
4 oz	Stewed Tomatoes	1 ea	Breadstick	4 oz	Oriental Vegetable Blend	4 oz	Green Bean Casserole	4 oz	Sugar Snap Peas
1 ea	Southern Style Biscuit	4 oz	Tapioca Pudding	1 pc	Wheat Bread	1 ea	Dinner Roll	1 ea	Dinner Roll
1 pc	Red Velvet Cake Roll			1 ea	Butterscotch Brownie Parfait	1 pc	Pumpkin Roll	1 ea	Princess Bar



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 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

