


September, 2021

NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																
September 6, 2021		September 7, 2021		September 8, 2021		September 9, 2021		September 10, 2021																
		3 oz Braised Beef Tips	4 oz Roasted Potato Medley	4 oz Zucchini & Squash	1 ea Biscuit	1 ea Lemon Cookie	3 oz Creamy Swiss Beef	4 oz Garden Rice Blend	4 oz Sautéed Mushrooms	1 ea Breadstick	4 oz Fruit Cocktail	3 oz Fried Chicken Breast w/Gravy	4 oz Mashed Potatoes	4 oz Mixed Vegetables	1 ea Dinner Roll	1 pc Strawberry Shortcake								
September 13, 2021		September 14, 2021		September 15, 2021		September 16, 2021		September 17, 2021																
3 oz Salisbury Steak w/Gravy	4 oz Mashed Potatoes	4 oz Green Beans	1 ea Dinner Roll	1 ea Toffee Pecan Bar	3 oz Chicken Cordon Bleu	4 oz Rice Pilaf	4 oz Prince Charles Veg. Blend	1 ea Dinner Roll	4 oz Mandarin Oranges	3 oz Tuna Patty	4 oz Scalloped Potatoes	4 oz Corn	1 pc Wheat Bread	4 oz Diced Pears	3 oz Spinach Artichoke Chicken	1 ea Buttered Noodles	4 oz Carrots	1 ea Dinner Roll	1 ea Cherry Chocolate Bar	3 oz Baked Ziti	4 oz Cauliflower	4 oz Garlic Toast	4 oz Watermelon	pkg. Parmesan Cheese
September 20, 2021		September 21, 2021		September 22, 2021		September 23, 2021		September 24, 2021																
3 oz BBQ Pork	4 oz Baked Beans	4 oz Squash & Zucchini	1 ea Dinner Roll	1 ea Key Lime Bars	6 oz Chicken Pot Pie with Biscuit	4 oz Peaches	1 ea Butterscotch Parfait	3 oz Beef Teriyaki	4 oz White Rice	4 oz Sugar Snap Peas	1 ea Vegetable Egg Roll	4 oz Ginger Spice Blondie	3 oz Cabbage Rolls	4 oz Mashed Potatoes	4 oz Carrots	1 ea Roll	1 ea Peanut Butter Cookie	3 oz Fire Braised Pork Shoulder	4 oz Mashed Sweet Potatoes	4 oz Garden Seasoned Broccoli	1 pc Wheat Bread	1 pc Carrot Cake		
September 27, 2021		September 28, 2021		September 29, 2021		September 30, 2021		October 1, 2021																
3 oz Hamburger w/Bun	4 oz Hashbrown Casserole	4 oz Coleslaw	1 pc Red Gelatin Cake	3 oz Pork Chop w/Mushroom Gravy	4 oz Mashed Potatoes	4 oz Asparagus	1 ea Wheat Bread	4 oz Watermelon	3 oz Veal Picatta	4 oz Parsley Noodles	4 oz Lima Beans	1 ea Buttered Breadstick	1 ea Oatmeal Cookie	3 oz Turkey Pot Roast	4 oz Whipped Sweet Potatoes	4 oz Spinach	1 ea Dinner Roll	1 pc Texas Sheet Cake	6 oz Beef Macaroni Casserole	4 oz Whole Baby Carrots	1 pc Wheat Bread	1 pc Cherry Pie		

We want to welcome our new Dietary Manager.



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!

Serving the Seniors of Shelby County

