

October, 2021



NUTRITION SERVICES OF SHELBY COUNTY

937-492-6900

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
October 4, 2021		October 5, 2021		October 6, 2021		October 7, 2021		October 8, 2021	
6 oz	Tuna Noodle Casserole	3 oz	Hamburger on Bun	3 oz	BBQ Pork Chop	3 oz	Meatloaf	6 oz	Johnny Marzetti
4 oz	Carrots	4 oz	Sunchips	4 oz	Roasted Potato Medley	4 oz	Mashed Potatoes	4 oz	Carrots
1 ea	Buttered Breadstick	4 oz	Coleslaw	4 oz	Green Beans	4 oz	Peas & Pearl Onions	1 pc	Garlic Bread
1 ea	Ginger Spiced Blondie Bar	1 ea	Chocolate Chip Cookie	1 ea	Dinner Roll	1 pc	Wheat Bread	1 ea	Cookie
1 ea				1 ea	Turtle Squares	4 oz	Peach Cobbler		
October 11, 2021		October 12, 2021		October 13, 2021		October 14, 2021		October 15, 2021	
		6 oz	Turkey Bacon on Croissant	6 oz	Beef Stew with Vegetables	6 oz	Chicken Noodle Soup	3 oz	Beef Burgundy
		1 pkg	Potato Chips	1 ea	Biscuit	2 pkg	Saltine Crackers	4 oz	Red Skin Mashed Potatoes
		4 oz	Carrot Sticks	1 ea	Butterscotch Brownie Parfait	3 oz	Cheese Cubes	4 oz	Sugar Snap Peas
		4 oz	Fruit	1 ea		4 oz	Cucumber Slices	1 ea	Dinner Roll
						1 ea	Strawberry Applesauce	4 oz	Apple Cobbler
October 18, 2021		October 19, 2021		October 20, 2021		October 21, 2021		October 22, 2021	
3 oz	Fire Braised Pork Shoulder	3 oz	Meatloaf	6 oz	Beef Shepherd's Pie	6 oz	Chicken Broccoli Casserole with Rice	6 oz	Baked Spaghetti
4 oz	Augrautin Potatoes	4 oz	Mashed Potatoes w/Gravy	4 oz	Mashed Potatoes	1 pc	Wheat Bread	1 pc	Garlic Bread
4 oz	Baked Beans	4 oz	Prince Charles Veg. Blend	1 ea	Dinner Roll	1 pc	Cinnamon Maple Apple Cake	4 oz	Garden Salad
4 oz	Cherry Cobbler	1 ea	Southern Style Biscuit	1 pc	Double Chocolate Cake			1 ea	Lemon Bars
1 pc	Wheat Bread	1 ea	Snickerdoodle Cookie						
October 25, 2021		October 26, 2021		October 27, 2021		October 28, 2021		October 29, 2021	
6 oz	Chicken and Dumplings	6 oz	Chili w/Beans	6 oz	Cheese Ravioli w/sauce	6 oz	Beef and Noodles	3 oz	Roasted Turkey
4 oz	Peas & Carrots	4 oz	Raw Carrots with Ranch	4 oz	Peas	4 oz	Dilled Carrots	4 oz	Mashed Potatoes/Gravy
1 ea	Biscuit	1 pc	Combread	1 ea	Breadstick	1 ea	Banana	4 oz	Green Bean Casserole
1 pc	Pumpkin Cake	4 oz	Peaches & Cream Parfait	1 ea	Chocolate Chip Blondie	1 ea	Dinner Roll	1 ea	Dinner Roll
								1 ea	Peanut Butter Brownies



“Every leaf speaks bliss to me, fluttering from the autumn tree”
~Emily Bronte



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 WVMR 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

