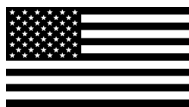




Office for Senior Resources  
**Carmel Friendship Center**  
 May 2024 — Menu

For more information  
 about our Programs &  
 Services, please call  
 (845) 808-1700 x47100  
[putnamcountyny.com/osr](http://putnamcountyny.com/osr)

Carmel...808-1701 Mahopac...808-1738 Philipstown...808-1705 Putnam Valley...808-1730

<p>Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.</p>	<p>Meals meet dietary guidelines of 1/3 DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN</p>	<p>1          SOUP          SALMON w/ DILL SAUCE          BROWN RICE          BROCCOLI SALAD          MIXED VEGETABLES          BANANA</p>	<p>2          SOUP          LEMON CHICKEN          MASHED SWEET POTATO          GREEN BEAN ALMONDINE          MARBLE-RYE BREAD          FRESH BERRIES</p>	<p>3          SOUP          BUTTER CRUMB COD          w/ TARTAR SAUCE          QUINOA &amp; COUSCOUS          ARUGULA &amp; TOMATO SALAD          APPLE          CARROT CAKE</p>
<p>6          SOUP          BEEF &amp; BROCCOLI          BROWN RICE          MIXED VEGETABLES          PINEAPPLE</p>	<p>7          SOUP          TURKEY MEATBALLS IN PITA          w/ YOGURT DRESSING          SUNSHINE CARROT SALAD          FRESH BERRIES</p>	<p>8          SOUP          SALMON w/ ORANGE-GINGER GLAZE          QUINOA &amp; COUSCOUS          SPINACH SALAD          CLEMENTINE          BIRTHDAY TREAT</p>	<p>9          SOUP          OPEN-FACED          TURKEY SANDWICH          SWEET POTATO FRIES          CABBAGE SLAW          FRESH BERRIES</p>	<p>10          SOUP          SPRING VEGGIE FRITTATA          ARUGULA &amp; TOMATO SALAD          MARBLE-RYE BREAD          GRAPES</p>
<p>13          SOUP          BAKED POLLOCK w/          CREAMY HERB SAUCE          BROWN RICE          BROCCOLI SALAD          MIXED VEGETABLES</p>	<p>14          SOUP          PECAN-CRUSTED CHICKEN          GLAZED CARROTS          ARUGULA &amp; TOMATO SALAD          MARBLE-RYE BREAD          APPLE</p>	<p>15          SOUP          SALMON w/          TERIYAKI SAUCE          BROWN RICE          MIXED VEGETABLES          SPINACH SALAD</p>	<p>16          SOUP          VEGETARIAN          STUFFED PEPPERS          BAKED SWEET POTATO          MARBLE-RYE BREAD          BANANA</p>	<p>17          SOUP          TUNA NOODLE CASSEROLE          ARUGULA &amp; TOMATO SALAD          CLEMENTINE          BLUEBERRY PIE</p>
<p>20          SOUP          BROCCOLI QUICHE          SUNSHINE CARROT SALAD          MARBLE-RYE BREAD          APPLE</p>	<p>21          SOUP          TURKEY BURGER ON          WHOLE-WHEAT BUN w/          CRANBERRY MAYO          BAKED POTATO          SPINACH SALAD</p>	<p>22          SOUP          SALMON w/ MAPLE-MUSTARD SAUCE          QUINOA &amp; COUSCOUS          CREAMED SPINACH          FRESH BERRIES</p>	<p>23          SOUP          CHICKEN MARSALA          BROWN RICE          ARUGULA &amp; TOMATO SALAD          CLEMENTINE</p>	<p>24          SOUP          HOT DOG          ON WHOLE-GRAIN BUN          SWEET POTATO FRIES          CABBAGE SLAW</p>
<p>27 ALL SITES CLOSED FOR          MEMORIAL DAY HOLIDAY          No delivery of          Home Delivered Meals  </p>	<p>28          SOUP          PASTA PRIMAVERA          w/ MARINARA SAUCE          THREE-BEAN SALAD          FRESH BERRIES          CHOCOLATE CREAM PIE</p>	<p>29          SOUP          SALMON w/ DILL SAUCE          BROWN RICE          FINGERLING POTATOES          BROCCOLI SALAD          CLEMENTINE</p>	<p>30          SOUP          ROAST TURKEY          w/ STUFFING          MASHED SWEET POTATO          SPINACH SALAD          FRESH BERRIES</p>	<p>31          SOUP          BAKED COD w/ LEMON SAUCE          QUINOA &amp; COUSCOUS          MIXED VEGETABLES          ARUGULA &amp; TOMATO SALAD          GRAPES</p>

SUGGESTED CONTRIBUTION FOR MEALS \$3.00.....\$3.00 FOR HOME DELIVERED MEALS! MENUS ARE SUBJECT TO CHANGE.  
 NO HOME DELIVERED MEALS WHEN SITES ARE CLOSED. ACTIVITIES ARE SUBJECT TO CHANGE.