



Office for Senior Resources Carmel Friendship Center

July 2026 – Menu



For more information
about our Programs &
Services, please call
(845) 808-1700 x47100
or visit our website at
putnamcountyny.gov/osr

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

Mon	Tues	Wedn	Thurs	Fri
<p>Menus are subject to change. 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 one-third DRIs, as certified by a dietitian.</p>	<p>1 INTERNATIONAL FRUIT DAY</p> <p>SOUP OPEN FACE TURKEY SANDWICH W/ GRAVY MASHED POTATO SPINACH MANGO & DRAGON FRUIT</p>	<p>2 NATIONAL BEAN DAY</p> <p>SOUP BBQ RIB PATTY ON ROLL BAKED BEANS TOMATO & CUCUMBER SALAD MELON</p>	<p>4</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p> <p>Happy 4th of July!</p>
<p>6</p> <p>FRITTATA W/ BROCCOLI & MUSHROOMS HASH BROWN POTATO SAUSAGE CLEMENTINE</p>	<p>7 NATIONAL FRIED CHICKEN DAY</p> <p>SOUP OVEN FRIED CHICKEN W/ GRAVY SWEET POTATOES PEAS BIRTHDAY TREAT</p>	<p>8 NATIONAL BLUEBERRY DAY</p> <p>SOUP TERYAKI SALMON ORIENTAL VEGETABLES BROWN RICE PILAF BLUEBERRIES</p>	<p>9</p> <p>SOUP BAKED ZITI W/ MEATSAUCE TOSSED SALAD GARLIC KNOT GRAPES</p>	<p>10</p> <p>SOUP TURKEY MEATLOAF W/ MUSHROOM GRAVY EGG NOODLES SPINACH PINEAPPLE</p>
<p>13</p> <p>SOUP CHICKEN SALAD SANDWICH ON BUN W/ LETTUCE & TOMATO ITALIAN BLACK BEAN SALAD FRESH ORANGE</p>	<p>14</p> <p>SOUP LENTIL STUFFED PEPPERS CORN TOSSED SALAD W/ DRESSING FRUITED JELLO</p>	<p>15 NATIONAL TAPIOCA DAY</p> <p>SOUP ROAST BEEF W/ GRAVY MASHED POTATO PEAS & CARROTS TAPIOCA PUDDING</p>	<p>16 PUTNAM CTY SALAD DAY</p> <p>SOUP EGG SALAD POTATO SALAD BEET SALAD FRUIT SALAD</p>	<p>17</p> <p>SOUP BREADED FISH W/ FRESH YAM OR CHEESE PIZZA BROCCOLI FRUIT COCKTAIL</p>
<p>20</p> <p>SOUP ITALIAN HERBED CHICKEN PASTA W/ GARLIC & OIL ITALIAN FLAT BEANS WATERMELON</p>	<p>21</p> <p>SOUP PORK LOIN W/ ONION GRAVY BAKED POTATO W/ SOUR CREAM ZUCCHINI & TOMATOES APPLE</p>	<p>22</p> <p>SOUP LEMON DILL SALMON CAPRI VEGETABLES RICE PILAF CLEMENTINE</p>	<p>23</p> <p>SOUP SCAMPI SHRIMP SKEWERS ROASTED CARROTS BROWN RICE PILAF FRESH BERRIES</p>	<p>24</p> <p>SOUP HAWAIIAN CHICKEN FRESH YAM CARIBBEAN VEGETABLES PINEAPPLE</p>
<p>27</p> <p>SOUP MANICOTTI LARGE GARDEN SALAD GARLIC KNOT APPLE</p>	<p>28</p> <p>SOUP ROAST BEEF W/ GRAVY MASHED POTATOES BROCCOLI FRESH ORANGE</p>	<p>29 NATIONAL LASAGNA DAY</p> <p>SOUP LASAGNA TOSSED SALAD PINEAPPLE</p>	<p>30</p> <p>SOUP TURKEY SALAD ON RYE W/ LETTUCE & TOMATO FRESH SPINACH SALAD HONEYDEW</p>	<p>31</p> <p>SOUP CHICKEN SOUVLAKI LETTUCE, TOMATO TAZATZIKI CUCUMBER TOMATO SALAD LEMON ORZO VANILLA PUDDING</p>