



Office for Senior Resources  
**Carmel Friendship Center**  
*September 2026— Menu*

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

| Carmel...808-1701 Mahopac...808-1738 Philipstown...808-1705 Putnam Valley...808-1730                   |                                                                                                                                            |                                                                                                                                       |                                                                                                                                                   |                                                                                                                |
|--------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
| Mon                                                                                                    | Tue                                                                                                                                        | Wed                                                                                                                                   | Thur                                                                                                                                              | Fri                                                                                                            |
| Meals meet dietary guidelines of one-third DRIs, as certified by a dietitian. Serving time is 12:00.   | 1<br>NAT'L GYRO DAY<br><br>SOUP<br>BEEF GYRO ON PITA<br>TZATZIKI<br>CUCUMBER & ORZO SALAD<br>PEAR                                          | 2<br><br>SOUP<br>CHICKEN CACCIATORE<br>PENNE W/ TOMATO SAUCE<br>ROASTED BROCCOLI<br>GARDEN FRESH SALAD<br>BIRTHDAY TREAT              | 3<br><br>SOUP<br>POT ROAST W/ GRAVY<br>BROWN RICE<br>CARROTS<br>PEACHES                                                                           | 4<br><br>SOUP<br>FISH 'N CHIPS<br>W/ MALT VINEGAR<br>PEAS<br>TAPIOCA PUDDING                                   |
| 7<br>CLOSED FOR<br>LABOR DAY HOLIDAY<br><br>ALL SITES CLOSED<br>NO DELIVERY OF<br>HOME DELIVERED MEALS | 8<br><br>SOUP<br>ROAST CHICKEN W/ GRAVY<br>MASHED POTATOES<br>GARDEN FRESH SALAD<br>BEETS<br>APPLESAUCE                                    | 9<br><br>SOUP<br>SALMON W/ LEMON DILL<br>COMPOUND BUTTER<br>BAKED POTATO<br>PINEAPPLE                                                 | 10<br><br>SOUP<br>HUNGARIAN DICED PORK<br>W/ GRAVY<br>OVER NOODLES<br>BROCCOLI<br>APPLESAUCE                                                      | 11<br><br>SOUP<br>HOT OPENED FACED<br>PASTRAMI ON RYE<br>CARROT COINS<br>FRESH ORANGE                          |
| 14<br><br>SOUP<br>EGG SALAD<br>ON WHOLE WHEAT<br>LETTUCE AND TOMATO<br>SPINACH SALAD<br>PEACHES        | 15<br>NAT'L LINGUINE DAY<br><br>SOUP<br>MEATSAUCE OVER LINIGUINE<br>GARLIC KNOT<br>GARDEN FRESH SALAD<br>PEAS AND CARROTS<br>FRUITED JELLO | 16<br>NAT'L GUACAMOLE DAY<br><br>GASPACHO<br>TURKEY TACO BOWL<br>W/ GUACAMOLE & PICO DE GALLO<br>TOMATO/CUCUMBER/ONION SALAD<br>MELON | 17<br><br>SOUP<br>BREADED FISH W/<br>SWEET POTATO NUGGETS<br>OR CHEESE PIZZA<br>ZUCCHINI<br>PEACHES                                               | 18<br>NAT'L CHEESEBURGER DAY<br><br>SOUP<br>CHEESE BURGER<br>BAKED BEANS<br>COLESLAW<br>ORANGE                 |
| 21<br><br>SOUP<br>LEMON CHICKEN<br>BROWN RICE PILAF<br>GREEN BEANS<br>APPLESAUCE                       | 22<br><br>CHILI CON CARNE<br>ON BAKED POTATO<br>SPINACH<br>GARDEN FRESH SALAD<br>CORNBREAD<br>ICE CREAM                                    | 23<br><br>SOUP<br>ORANGE GINGER SALMON<br>ORIENTAL VEGETABLES<br>BROWN RICE PILAF<br>PINEAPPLE                                        | 24<br><br>SOUP<br>QUICK CHICKEN<br>CORDON BLEU<br>FRESH YAM<br>CAULIFLOWER<br>FRUITED JELLO                                                       | 25<br><br>SOUP<br>TUNA SALAD ON LETTUCE LEAF<br>MINESTRONE SALAD<br>BISCUIT<br>PEACHES                         |
| 28<br><br>SOUP<br>ROAST CHICKEN W/ GRAVY<br>STUFFING<br>GREEN BEANS ALMONDINE<br>PINEAPPLE             | 29<br><br>SOUP<br>RADICALLY ROASTED BEEF SAND-<br>WICH<br>GARDEN FRESH SALAD<br>PASTA SALAD<br>W/ VEGETABLES<br>MELON                      | 30<br><br>SOUP<br>BBQ CHICKEN THIGH<br>ROASTED POTATO<br>CORN O'BRIEN<br>BANANA CREAM PIE                                             | Menus are subject to change.<br>Some substitutes are available for main<br>dish upon request. Please ask Site<br>Manager when you arrive at site. | Voluntary suggested contribution for meals is<br>\$3.00. No home-delivered<br>meals when all sites are closed. |