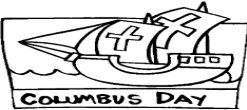




Office for Senior Resources
William Koehler Senior Center
October 2026 — Menu

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manag- er when you arrive at site.	Meals meet dietary guidelines of one-third DRIs as certified by a dietitian.	Voluntary suggested contribution for meals is \$3.00. No home delivery of meals when all sites are closed. Meals are served at 12:00pm	1 SOUP BREADED FISH W/ STEAK FRIES OR CHEESE PIZZA BROCCOLI PEAR	2 SOUP ROAST TURKEY W/ GRAVY STUFFING CAULIFLOWER W/ RED PEPPERS PEACHES
5 SOUP CHEESE STUFFED SHELLS TOMATO SAUCE ZUCCHINI GARLIC BREAD STICK PEARS	6 SOUP ROASTED CHICKEN APPLE RICE STUFFING CARROTS BIRTHDAY TREAT	7 SOUP LENTIL STUFFED PEPPERS PEAS AND ONIONS CORNBREAD BANANA	8 SOUP FIESTA PORK LOIN FRESH YAM GREEN BEANS ANGEL FOOD CAKE W/ FRUIT TOPPING	9 CHICKEN SALAD SANDWICH BEET-ORANGE SALAD TROPICAL FRUIT CUP
12 CLOSED FOR HOLIDAY All sites are closed. No delivery of home delivered meals. 	13 SOUP HAWAIIAN CHICKEN GREEN RICE CARROTS APPLE STRUEDEL	14 SOUP ORANGE GINGER SALMON RICE PILAF ORIENTAL VEGETABLES CLEMENTINE	15 SOUP ROAST BEEF W/ GRAVY NOODLES PEAS FRUIT COCKTAIL	16 SOUP LEMON PEPPER FISH W/ BAKED POTATO OR CHEESE PIZZA BROCCOLI
19 SOUP CHICKEN LOUIE FRESH YAM CAULIFLOWER W// PARSLEY PINEAPPLE	20 SOUP BAKED ZITI ITALIAN MIXED VEGETABLES PEAR	21 SOUP ROAST PORK W/ GRAVY NOODLES BEETS APPLESAUCE	22 SOUP OVEN FRIED CHICKEN MASHED POTATO W/ GRAVY SPINACH FRUIT COCKTAIL	23 SOUP MEATLOAF W/ GRAVY ROASTED POTATOES CALIFORNIA BLEND VEGETABLES PUMPKIN PIE
26 Harvest Jamoboree @ Putnam County Golf Course Site Closed Home Delivered Meals will be delivered	27 OMELET SAUSAGE HASH BROWN PATTY SLICED TOMATOES BAGEL/CREAM CHEESE FRESH ORANGE	28 SOUP TERIYAKI SALMON VEGETABLE RICE PILAF ROASTED BROCCOLI DRAGON AND MANGO FRUIT	29 SOUP CRANBERRY TURKEY ON KAISER ROLL THREE BEAN SALAD TROPICAL FRUIT CUP	30 SOUP SALISBURY STEAK W/ MUSHROOM GRAVY MASHED POTATOES SPINACH PEARS