



# Office for Senior Resources Carmel Friendship Center

## August 2026 — Menu



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

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

| Mon |                                                                                            | Tues |                                                                          | Wedn                                                                                                                                              |                                                                                                                                    | Thurs                                                                             |                                                                                             | Fri                                                                                                               |                                                                                              |
|-----|--------------------------------------------------------------------------------------------|------|--------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|
| 3   | NATL WATERMELON DAY<br><br>SOUP<br>TUNA SALAD<br>PASTA SALAD<br>3 BEAN SALAD<br>WATERMELON | 4    | SOUP<br>CHICKEN CACCIATORE<br>PENNE<br>ROASTED BROCCOLI<br>PEACH         | 5                                                                                                                                                 | SOUP<br>HERBED CRUSTED SALMON<br>W/ A GARLIC CREAM SAUCE<br>BROWN RICE PILAF<br>PRINCE EDWARD ISLAND VEG<br>DRAGON AND MANGO FRUIT | 6                                                                                 | SUMMER PARTY<br><br>SOUP<br>CHICKEN TACO<br>RICE AND BEANS<br>JICIMA SALAD<br>CHURROS       | 7                                                                                                                 | SOUP<br>SAUSAGE BURGER<br>W/ PEPPERS & ONIONS<br>SWEET POTATO TOTS<br>FRESH BERRIES          |
| 10  | SOUP<br>CHEESE MANICOTTI<br>GRADEN SALAD<br>GARLIC KNOT<br>PEACHES                         | 11   | MEATLOAF W/ GRAVY<br>ROASTED POTATOES<br>HARVARD BEETS<br>BIRTHDAY TREAT | 12                                                                                                                                                | SOUP<br>CHICKEN SALAD<br>W/ GRAPES & APPLES ON RYE<br>COLE SLAW<br>PINEAPPLE                                                       | 13                                                                                | BREADED FISH<br>W/ MAC & CHEESE<br>OR CHEESE PIZZA<br>BROCCOLI SALAD<br>FRUITED JELLO       | 14                                                                                                                | SOUP<br>CHICKEN PARMESAN<br>OVER SPAGHTTI<br>SPINACH W/ GARLIC & OIL<br>PEARS                |
| 17  | SLOPPY JOE ON BUN<br>GREEN BEANS<br>STEAK FRIES<br>CLEMENTINE                              | 18   | SOUP<br>TOMATO BASIL PIZZA<br>LARGE GARDEN SALAD<br>CANTALOUPE           | 19                                                                                                                                                | SOUP<br>GREEK SEASONED SALMON W/<br>TZATZIKI<br>CARROTS<br>LEMON ORZO<br>BLONDIE                                                   | 20                                                                                | SOUP<br>TURKEY APPLE BACON BURGER<br>SWEET POTATO TOTS<br>CAULIFLOWER<br>TROPICAL FRUIT CUP | 21                                                                                                                | SOUP<br>ROAST PORK W/ GRAVY<br>FRESH YAM<br>WAX BEANS<br>APPLESAUCE                          |
| 24  | SOUP<br>FALAFEL<br>TZATZIKI SAUCE<br>TOMATO CUCUMBERS SALAD<br>APPLE                       | 25   | SOUP<br>BBQ CHICKEN THIGH<br>CORN<br>BAKED BEANS<br>WATERMELON           | 26                                                                                                                                                | SOUP<br>ROAST TURKEY W/ GRAVY<br>STUFFING<br>CAPRI VEGETABLES<br>PINEAPPLE                                                         | 27                                                                                | SOUP<br>CHILI WITH BEANS<br>GREEN BEANS<br>RICE PILAF<br>CORNBREAD<br>ORANGE                | 28                                                                                                                | SOUP<br>BREADED FISH TACOS<br>REFRIED BEANS<br>OR CHEESE PIZZA<br>CILANTRO SLAW<br>PEACH PIE |
| 31  | SOUP<br>ITALIAN ROAST CHICKEN<br>PASTA W/ PESTO<br>GARLIC GREEN BEANS<br>FRESH BANANA      |      |                                                                          | 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. |                                                                                                                                    | Meals meet dietary guidelines of one-<br>third DRIs, as certified by a dietitian. |                                                                                             | Voluntary suggested contribution for<br>meals is \$3.00. No home-delivered<br>meals when<br>all sites are closed. |                                                                                              |