



Office for Senior Resources Carmel Friendship Center



April 2025 — Menu

Carmel...808-1701 Mahopac...808-1738 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

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>1</p> <p>SOUP ROSEMARY CHICKEN QUINOA SALAD ROASTED BROCCOLI ORANGE</p>	<p>2</p> <p>SOUP SALMON w/ GARLIC SAUCE BROWN RICE ROASTED ASPARAGUS PINEAPPLE</p>	<p>3</p> <p>SOUP BEEF STROGANOFF GINGER CARROTS BANANA CHOCOLATE PUDDING</p>	<p>4</p> <p>SOUP SPRING VEGGIE FRITTATA GREEK LEMON POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT</p>
<p>7</p> <p>SOUP CHICKEN PARMESAN FRENCH GREEN BEANS GARLIC BREADSTICKS CLEMENTINE</p>	<p>8</p> <p>SOUP ROASTED PORK LOIN w/ GRAVY MASHED POTATOES CABBAGE SLAW WHOLE-WHEAT BREAD GRAPES</p>	<p>9</p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS CUCUMBER SALAD ORANGE BIRTHDAY TREAT</p>	<p>10</p> <p>SOUP OPEN-FACED TURKEY SANDWICH BAKED SWEET POTATO KALE & BEET SALAD PEAR</p>	<p>11</p> <p>SOUP BAKED ZITI w/ PARMESAN GARDEN SALAD BERRIES w/ YOGURT</p>
<p>14</p> <p>SOUP BALSAMIC CHICKEN MASHED SWEET POTATO GREEN PEAS WHOLE-WHEAT BREAD BANANA</p>	<p>15</p> <p>SOUP TURKEY CHILI w/ CORNBREAD SPINACH SALAD APPLE</p>	<p>16</p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED BROCCOLI PINEAPPLE</p>	<p>17</p> <p>SOUP PECAN-CRUSTED CHICKEN FRENCH GREEN BEANS MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>18</p> <p>SOUP BAKED COD w/ LEMON SAUCE QUINOA SALAD POTATO KUGEL CLEMENTINE CARROT CAKE</p>
<p>21</p> <p>SOUP SESAME CHICKEN BROWN RICE ROASTED CARROTS PEAR</p>	<p>22</p> <p>SOUP ITALIAN BEEF SANDWICH w/ PEPPERS & ONIONS MESCLUN SALAD GRAPES</p>	<p>23</p> <p>SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS SUGAR SNAP PEAS ORANGE JELLO</p>	<p>24</p> <p>SOUP TURKEY BURGER SWEET POTATO FRIES CABBAGE SLAW APPLE</p>	<p>25</p> <p>SOUP VEGGIE QUICHE ROASTED DILL POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT</p>
<p>28</p> <p>SOUP TUNA NOODLE CASSEROLE MIXED VEGETABLES CLEMENTINE</p>	<p>29</p> <p>SOUP STUFFED PEPPERS BAKED POTATO SPINACH SALAD BERRIES w/ YOGURT</p>	<p>30</p> <p>SOUP SALMON w/ MAPLE-DIJON SAUCE BROWN RICE ROASTED ASPARAGUS BANANA</p>	<p>SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.</p>	<p>Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN.</p>