



Office for Senior Resources
William Koehler Senior Center
 April 2025 — Menu



For more information
 about our Programs &
 Services, please call
 (845) 808-1700 x47100
 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
Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.	1 SOUP ROSEMARY CHICKEN QUINOA SALAD ROASTED BROCCOLI ORANGE	2 SOUP SALMON w/ GARLIC SAUCE BROWN RICE ROASTED ASPARAGUS PINEAPPLE	3 SOUP BEEF STROGANOFF GINGER CARROTS BANANA CHOCOLATE PUDDING	4 SOUP SPRING VEGGIE FRITTATA GREEK LEMON POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
7 SOUP CHICKEN PARMESAN FRENCH GREEN BEANS GARLIC BREADSTICKS CLEMENTINE	8 SOUP ROASTED PORK LOIN w/ GRAVY MASHED POTATOES CABBAGE SLAW WHOLE-WHEAT BREAD GRAPES	9 SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS CUCUMBER SALAD ORANGE BIRTHDAY TREAT	10 SOUP OPEN-FACED TURKEY SANDWICH BAKED SWEET POTATO KALE & BEET SALAD PEAR	11 SOUP BAKED ZITI w/ PARMESAN GARDEN SALAD BERRIES w/ YOGURT
14 SOUP BALSAMIC CHICKEN MASHED SWEET POTATO GREEN PEAS WHOLE-WHEAT BREAD BANANA	15 SOUP TURKEY CHILI w/ CORNBREAD SPINACH SALAD APPLE	16 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED BROCCOLI PINEAPPLE	17 SOUP PECAN-CRUSTED CHICKEN FRENCH GREEN BEANS MARBLE-RYE BREAD BERRIES w/ YOGURT	18 SOUP BAKED COD w/ LEMON SAUCE QUINOA SALAD POTATO KUGEL CLEMENTINE CARROT CAKE
21 SOUP SESAME CHICKEN BROWN RICE ROASTED CARROTS PEAR	22 SOUP ITALIAN BEEF SANDWICH w/ PEPPERS & ONIONS MESCLUN SALAD GRAPES	23 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS SUGAR SNAP PEAS ORANGE JELLO	24 SOUP TURKEY BURGER SWEET POTATO FRIES CABBAGE SLAW APPLE	25 SOUP VEGGIE QUICHE ROASTED DILL POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
28 SOUP TUNA NOODLE CASSEROLE MIXED VEGETABLES CLEMENTINE	29 SOUP STUFFED PEPPERS BAKED POTATO SPINACH SALAD BERRIES w/ YOGURT	30 SOUP SALMON w/ MAPLE-DIJON SAUCE BROWN RICE ROASTED ASPARAGUS BANANA	SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.	Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN.