



# Office for Senior Resources Friendship Center in Philipstown



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](http://putnamcountyny.gov/osr)

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