



Office for Senior Resources Carmel Friendship Center

May 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
<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>Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN.</p>	<p>SUGGESTED CONTRIBUTION FOR MEALS IS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.</p>	<p>1</p> <p>SOUP LEMON CHICKEN QUINOA SALAD FRENCH GREEN BEANS ORANGE VANILLA PUDDING</p>	<p>2</p> <p>SOUP TURKEY MEATLOAF MASHED SWEET POTATO KALE & BEET SALAD WHOLE-WHEAT BREAD APPLE</p>
<p>5</p> <p>SOUP BALSAMIC CHICKEN ROSEMARY POTATOES GREEN PEAS MARBLE-RYE BREAD GRAPES</p>	<p>6</p> <p>SOUP BEEF & BROCCOLI BROWN RICE GINGER CARROTS PINEAPPLE</p>	<p>7</p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS CUCUMBER SALAD BERRIES w/ YOGURT</p>	<p>8</p> <p>SOUP SPINACH LASAGNA MESCLUN SALAD GARLIC BREADSTICKS CLEMENTINE</p>	<p>9</p> <p>SOUP ROASTED PORK LOIN w/ STUFFING BAKED SWEET POTATO CABBAGE SLAW CANTALOUPE BROWNIE w/ STRAWBERRIES</p>
<p>12</p> <p>SOUP SPRING VEGGIE FRITTATA GREEK LEMON POTATOES WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p>13</p> <p>SOUP TURKEY-STUFFED PEPPERS MASHED SWEET POTATO KALE & BEET SALAD APPLE</p>	<p>14</p> <p>SOUP SALMON w/ GARLIC SAUCE BROWN RICE ROASTED ASPARAGUS BANANA BIRTHDAY TREAT</p>	<p>15</p> <p>SOUP CHICKEN FLORENTINE CASSEROLE MESCLUN SALAD ORANGE</p>	<p>16</p> <p>SOUP TUNA SALAD OVER GREENS MARBLE-RYE BREAD GRAPES</p>
<p>19</p> <p>SOUP SESAME CHICKEN BROWN RICE GLAZED CARROTS CLEMENTINE</p>	<p>20</p> <p>SOUP PASTA PRIMAVERA w/ MARINARA SAUCE SPINACH SALAD BERRIES w/ YOGURT</p>	<p>21</p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE QUINOA & COUSCOUS ROASTED BROCCOLI PINEAPPLE</p>	<p>22</p> <p>SOUP OPEN-FACED TURKEY SANDWICH MASHED POTATOES FRENCH GREEN BEANS BANANA</p>	<p>23</p> <p>SOUP HAMBURGER SWEET POTATO FRIES CABBAGE SLAW WATERMELON ICE CREAM SANDWICH</p>
<p>26</p> <p>ALL SITES CLOSED FOR MEMORIAL DAY</p> <p>(NO HOME-DELIVERED MEALS)</p>	<p>27</p> <p>SOUP ROSEMARY CHICKEN BROWN RICE ROASTED ASPARAGUS GRAPES</p>	<p>28</p> <p>SOUP POTATO-CRUSTED POLLOCK QUINOA SALAD SUGAR SNAP PEAS CANTALOUPE</p>	<p>29</p> <p>SOUP VEGGIE QUICHE PARMESAN POTATOES WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p>30</p> <p>SOUP SPAGHETTI w/ TURKEY MEATBALLS SPINACH SALAD ORANGE</p>