




Office for Senior Resources Carmel Friendship Center

June 2025 — Menu



For more information
about our Programs &
Services, please call
(845) 808-1700 x47100
or 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
2 SOUP CREAMY GARLIC CHICKEN BROWN RICE GINGER CARROTS BANANA	3 SOUP TACO SALAD CABBAGE SLAW PINEAPPLE CHURROS	4 ALL SITES CLOSED FOR STAFF TRAINING DAY (NO HOME-DELIVERED MEALS)	5 SOUP TUNA NOODLE CASSEROLE MIXED VEGETABLES BERRIES w/ YOGURT	6 SOUP TURKEY BURGER SWEET POTATO TOTS MESCLUN & BEET SALAD GRAPES
9 SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT	10 SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO SPINACH SALAD BANANA	11 SENIOR PICNIC AT VETERANS MEMORIAL PARK (HOME-DELIVERED MEALS ONLY)	12 SOUP POTATO-CRUSTED POLLOCK QUINOA SALAD ROASTED ASPARAGUS CANTALOUPE	13 SOUP BBQ CHICKEN CABBAGE SLAW CORNBREAD WATERMELON CHERRY PIE
16 SOUP LEMON CHICKEN ROSEMARY POTATOES FRENCH GREEN BEANS WHOLE-WHEAT BREAD ORANGE	17 SOUP PULLED PORK SANDWICH SWEET POTATO FRIES CUCUMBER SALAD HONEYDEW	18 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE BIRTHDAY TREAT	19 ALL SITES CLOSED FOR JUNETEENTH (NO HOME-DELIVERED MEALS)	20 SOUP BAKED ZITI ZUCCHINI & SUMMER SQUASH BERRIES w/ YOGURT
23 SOUP BALSAMIC CHICKEN BROWN RICE ROASTED ASPARAGUS GRAPES	24 SOUP TURKEY-STUFFED PEPPERS BAKED POTATO GREEK SALAD BERRIES w/ YOGURT	25 SOUP SALMON w/ DILL SAUCE QUINOA SALAD SUGAR SNAP PEAS CANTALOUPE	26 SOUP CHICKEN PARMESAN SPINACH SALAD GARLIC BREADSTICKS ORANGE	27 SOUP HOT DOG BAKED BEANS CABBAGE SLAW WATERMELON JELLO
30 SOUP BROCCOLI QUICHE GLAZED CARROTS MARBLE-RYE BREAD BERRIES w/ YOGURT		SUGGESTED CONTRIBUTION FOR MEALS IS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.	Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.	Meals meet dietary guidelines of one- third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN.