



Office for Senior Resources Carmel Friendship Center

August 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
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.	Suggested contribution for meals is \$3.00. No home-delivered meals when sites are closed.		1 ALL SITES CLOSED FOR STAFF TRAINING DAY (NO HOME-DELIVERED MEALS)
4 SOUP CHICKEN FRANCESE w/ PENNE SPINACH SALAD CANTALOUPE	5 SOUP OPEN-FACED TURKEY MELT FRENCH FRIES MESCLUN SALAD FRESH BERRIES	6 SOUP MAHI MAHI TACOS w/ PICO DE GALLO CABBAGE SLAW CORN OBRIEN PINEAPPLE	7 SOUP ROSEMARY CHICKEN RICE PILAF FARM-FRESH VEGETABLES ORANGE BIRTHDAY TREAT	8 SOUP SLOPPY JOE BAKED BEANS CUCUMBER SALAD FRESH PEACH
11 SOUP BALSAMIC CHICKEN BROWN RICE ZUCCHINI & SQUASH FRESH PLUM	12 SOUP SPINACH LASAGNA W/ BECHAMEL GARDEN SALAD GARLIC BREADSTICKS CANTALOUPE	13 SOUP SALMON w/ GARLIC SAUCE RICE PILAF ROASTED BROCCOLI FRESH BERRIES JELLO	14 SOUP TURKEY BURGER SWEET POTATO TOTS COLESLAW GRAPES	15 SOUP BBQ CHICKEN MESCLUN SALAD CORNBREAD WATERMELON
18 SOUP SUMMER VEGGIE QUICHE SUGAR SNAP PEAS WHOLE-WHEAT BREAD HONEYDEW MELON	19 SOUP PULLED PORK SANDWICH SWEET POTATO FRIES CABBAGE SLAW FRESH PEACH	20 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS GREEK SALAD FRESH BERRIES	21 SOUP OPEN-FACED ROAST BEEF SANDWICH ROASTED POTATOES FRENCH GREEN BEANS ORANGE	22 SOUP BUTTER-CRUMB COD w/ LEMON BROWN RICE MESCLUN SALAD BANANA CHOCOLATE PUDDING
25 SOUP CHICKEN PARMESAN GLAZED CARROTS GARLIC BREADSTICKS CANTALOUPE	26 SOUP TURKEY CHILI w/ CORNBREAD SPINACH SALAD FRESH PLUM	27 SOUP SALMON w/ ORANGE-GINGER GLAZE RICE PILAF ROASTED BROCCOLI PINEAPPLE	28 SOUP BEEF STUFFED PEPPERS GARDEN SALAD FRESH BERRIES	29 SOUP HOT DOG SWEET POTATO FRIES CUCUMBER SALAD WATERMELON ICE CREAM SANDWICH