



Office for Senior Resources Friendship Center in Philipstown

December 2024 — 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

Mon	Tue	Wed	Thur	Fri
2 SOUP CREAMY GARLIC CHICKEN BROWN RICE ROASTED BROCCOLI APPLE	3 SOUP BEEF STROGANOFF GLAZED CARROTS PINEAPPLE TAPIOCA PUDDING	4 SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS SPINACH SALAD CLEMENTINE	5 SOUP TURKEY MEATLOAF MASHED SWEET POTATO ROASTED BRUSSELS SPROUTS WHOLE-WHEAT BREAD PEAR	6 SOUP VEGGIE FRITTATA SCALLOPED POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
9 SOUP ROSEMARY CHICKEN BROWN RICE ROASTED ASPARAGUS BANANA	10 HOLIDAY PARTY! (HOME-DELIVERED MEALS ONLY)	11 SOUP UNCLE IRVING'S COD QUINOA & COUSCOUS FRENCH GREEN BEANS GRAPES	12 SOUP CHICKEN PARMESAN MESCLUN SALAD GARLIC BREADSTICKS ORANGE BIRTHDAY TREAT	13 SOUP ROAST TURKEY w/ GRAVY BAKED SWEET POTATO KALE & BEET SALAD MARBLE-RYE BREAD APPLE
16 SOUP BROCCOLI QUICHE GLAZED CARROTS WHOLE-WHEAT BREAD BERRIES w/ YOGURT	17 SOUP SLOPPY JOE CASSEROLE w/ CORNBREAD SPINACH SALAD PEAR	18 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE WINTER SQUASH PINEAPPLE	19 SOUP TURKEY BOLOGNESE GARDEN SALAD BANANA	20 SOUP ROASTED PORK LOIN w/ APPLE-WALNUT STUFFING ROASTED BRUSSELS SPROUTS ORANGE HOLIDAY COOKIES
23 SOUP CHICKEN MARSALA GARLIC MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD GRAPES	24 SOUP BAKED ZITI MESCLUN SALAD CLEMENTINE EGGNOG	25 ALL SITES CLOSED (NO HOME-DELIVERED MEALS) <i>Merry Christmas!</i>	26 ALL SITES CLOSED (NO HOME-DELIVERED MEALS)	27 SOUP TUNA MELT MASHED SWEET POTATO KALE & BEET SALAD BERRIES w/ YOGURT
30 SOUP BALSAMIC CHICKEN BROWN RICE GINGER CARROTS PEAR	31 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS ORANGE		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 \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.