



# Office for Senior Resources


## William Koehler Senior 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](http://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.<br>Some substitutes are available for main<br>dish upon request. Please ask Site<br>Manager when you arrive at site. | Meals meet dietary guidelines of one-<br>third DRIs, as certified by Dietitian<br>Elizabeth Margiotta, MS, CDN. | Suggested contribution for meals is \$3.00.<br>No home-delivered meals when<br>sites are closed.            |                             | <b>1</b><br><br><b>ALL SITES CLOSED FOR<br/>STAFF TRAINING DAY</b><br><br><b>(NO HOME-DELIVERED MEALS)</b>       |
| <b>4</b><br><br>SOUP<br>CHICKEN FRANCESE<br>w/ PENNE<br>SPINACH SALAD<br>CANTALOUPE   | <b>5</b><br><br>SOUP<br>OPEN-FACED TURKEY MELT<br>FRENCH FRIES<br>MESCLUN SALAD<br>FRESH BERRIES                | <b>6</b><br><br>SOUP<br>MAHI MAHI TACOS w/ PICO DE GALLO<br>CABBAGE SLAW<br>CORN OBRIEN<br>PINEAPPLE        | <b>7</b><br><br>SOUP<br>ROSEMARY CHICKEN<br>RICE PILAF<br>FARM-FRESH VEGETABLES<br>ORANGE<br>BIRTHDAY TREAT    | <b>8</b><br><br>SOUP<br>SLOPPY JOE<br>BAKED BEANS<br>CUCUMBER SALAD<br>FRESH PEACH                               |
| <b>11</b><br><br>SOUP<br>BALSAMIC CHICKEN<br>BROWN RICE<br>ZUCCHINI & SQUASH<br>FRESH PLUM  | <b>12</b><br><br>SOUP<br>SPINACH LASAGNA W/ BECHAMEL<br>GARDEN SALAD<br>GARLIC BREADSTICKS<br>CANTALOUPE        | <b>13</b><br><br>SOUP<br>SALMON w/ GARLIC SAUCE<br>RICE PILAF<br>ROASTED BROCCOLI<br>FRESH BERRIES<br>JELLO | <b>14</b><br><br>SOUP<br>TURKEY BURGER<br>SWEET POTATO TOTS<br>COLESLAW<br>GRAPES                              | <b>15</b><br><br>SOUP<br>BBQ CHICKEN<br>MESCLUN SALAD<br>CORNBREAD<br>WATERMELON                                 |
| <b>18</b><br><br>SOUP<br>SUMMER VEGGIE QUICHE<br>SUGAR SNAP PEAS<br>WHOLE-WHEAT BREAD<br>HONEYDEW MELON   | <b>19</b><br><br>SOUP<br>PULLED PORK SANDWICH<br>SWEET POTATO FRIES<br>CABBAGE SLAW<br>FRESH PEACH              | <b>20</b><br><br>SOUP<br>POTATO-CRUSTED POLLOCK<br>QUINOA & COUSCOUS<br>GREEK SALAD<br>FRESH BERRIES        | <b>21</b><br><br>SOUP<br>OPEN-FACED<br>ROAST BEEF SANDWICH<br>ROASTED POTATOES<br>FRENCH GREEN BEANS<br>ORANGE | <b>22</b><br><br>SOUP<br>BUTTER-CRUMB COD w/ LEMON<br>BROWN RICE<br>MESCLUN SALAD<br>BANANA<br>CHOCOLATE PUDDING |
| <b>25</b><br><br>SOUP<br>CHICKEN PARMESAN<br>GLAZED CARROTS<br>GARLIC BREADSTICKS<br>CANTALOUPE   | <b>26</b><br><br>SOUP<br>TURKEY CHILI<br>w/ CORNBREAD<br>SPINACH SALAD<br>FRESH PLUM                            | <b>27</b><br><br>SOUP<br>SALMON w/ ORANGE-GINGER GLAZE<br>RICE PILAF<br>ROASTED BROCCOLI<br>PINEAPPLE       | <b>28</b><br><br>SOUP<br>BEEF STUFFED PEPPERS<br>GARDEN SALAD<br>FRESH BERRIES                                 | <b>29</b><br><br>SOUP<br>HOT DOG<br>SWEET POTATO FRIES<br>CUCUMBER SALAD<br>WATERMELON<br>ICE CREAM SANDWICH     |