



# Office for Senior Resources Friendship Center in Philipstown



## January 2025 — 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  
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[putnamcountyny.gov/osr](http://putnamcountyny.gov/osr)**

Mon	Tue	Wed	Thur	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><b>1</b></p> <p><b>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</b></p> <p><i><b>Happy New Year!</b></i></p>	<p><b>2</b></p> <p>SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS &amp; ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p><b>3</b></p> <p>SOUP TURKEY MEATLOAF MASHED SWEET POTATO GREEN PEAS WHOLE-WHEAT BREAD GRAPES</p>
<p><b>6</b></p> <p>SOUP CREAMY GARLIC CHICKEN QUINOA &amp; COUSCOUS ROASTED BRUSSELS SPROUTS BANANA</p>	<p><b>7</b></p> <p>SOUP BEEF STROGANOFF GINGER CARROTS CLEMENTINE</p>	<p><b>8</b></p> <p>SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE ROASTED BROCCOLI PINEAPPLE</p>	<p><b>9</b></p> <p>SOUP OPEN-FACED TURKEY SANDWICH BAKED SWEET POTATO KALE &amp; BEET SALAD APPLE</p>	<p><b>10</b></p> <p>SOUP TUNA NOODLE CASSEROLE MESCLUN SALAD ORANGE BIRTHDAY TREAT</p>
<p><b>13</b></p> <p>SOUP BROCCOLI QUICHE ROSEMARY POTATOES WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p><b>14</b></p> <p>SOUP STUFFED PEPPERS BAKED SWEET POTATO MIXED VEGETABLES GRAPES</p>	<p><b>15</b></p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA &amp; COUSCOUS FRENCH GREEN BEANS BANANA CHOCOLATE PUDDING</p>	<p><b>16</b></p> <p>SOUP CHICKEN POT PIE SPINACH SALAD MARBLE-RYE BREAD PEAR</p>	<p><b>17</b></p> <p>SOUP ROASTED PORK LOIN w/ APPLES &amp; CABBAGE WINTER SQUASH WHOLE-WHEAT BREAD CLEMENTINE</p>
<p><b>20</b></p> <p><b>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</b></p> <p><i><b>Happy MLK Day!</b></i></p>	<p><b>21</b></p> <p>SOUP BAKED ZITI MESCLUN SALAD BERRIES w/ YOGURT</p>	<p><b>22</b></p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED CAULIFLOWER PINEAPPLE FRUITED JELLO</p>	<p><b>23</b></p> <p>SOUP TURKEY CHILI w/ CORNBREAD KALE &amp; BEET SALAD APPLE</p>	<p><b>24</b></p> <p>SOUP ROAST BEEF w/ GRAVY GARLIC MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD ORANGE</p>
<p><b>27</b></p> <p>SOUP MAPLE-DIJON CHICKEN BROWN RICE GINGER CARROTS PEAR</p>	<p><b>28</b></p> <p>SOUP TURKEY BURGER SWEET POTATO FRIES CABBAGE SLAW BANANA</p>	<p><b>29</b></p> <p>SOUP BAKED FLOUNDER w/ LEMON SAUCE QUINOA &amp; COUSCOUS FRENCH GREEN BEANS CLEMENTINE</p>	<p><b>30</b></p> <p>SOUP SPINACH LASAGNA MESCLUN SALAD GARLIC BREADSTICKS BERRIES w/ YOGURT</p>	<p><b>31</b></p> <p>SOUP CHICKEN &amp; BROCCOLI CASSEROLE GARDEN SALAD GRAPES VANILLA PUDDING</p>

**SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.**