



Office for Senior Resources Carmel Friendship Center

November 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 putnamcountynyny.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>1</p> <p>SOUP ROAST BEEF w/ GRAVY MASHED POTATOES MIXED VEGETABLES MARBLE-RYE BREAD GRAPES</p>
<p>4</p> <p>SOUP PECAN-CRUSTED CHICKEN BAKED SWEET POTATO ROASTED BRUSSELS SPROUTS CORNBREAD PEAR</p>	<p>5</p> <p>SOUP TURKEY MEATLOAF BUTTERNUT SQUASH GREEN PEAS WHOLE-WHEAT BREAD APPLE</p>	<p>6</p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS BERRIES w/ YOGURT</p>	<p>7</p> <p>SOUP CHICKEN POT PIE MESCLUN SALAD MARBLE-RYE BREAD ORANGE</p>	<p>8</p> <p>SOUP TUNA NOODLE CASSEROLE SPINACH SALAD BANANA PUMPKIN PUDDING</p>
<p>11</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p> <p>Happy Veterans Day!</p>	<p>12</p> <p>SOUP STUFFED PEPPERS FINGERLING POTATOES MESCLUN SALAD BERRIES w/ YOGURT</p>	<p>13</p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE BIRTHDAY TREAT</p>	<p>14</p> <p>SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO KALE & BEET SALAD PEAR</p>	<p>15</p> <p>SOUP ROASTED PORK LOIN w/ APPLES & CABBAGE ACORN SQUASH MARBLE-RYE BREAD GRAPES</p>
<p>18</p> <p>SOUP BROCCOLI QUICHE GLAZED CARROTS WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p>19</p> <p>SOUP MAPLE-DIJON CHICKEN QUINOA & COUSCOUS WINTER SQUASH ROASTED BRUSSELS SPROUTS BANANA</p>	<p>20</p> <p>ALL SITES CLOSED FOR STAFF TRAINING DAY (NO HOME-DELIVERED MEALS)</p>	<p>21</p> <p>SOUP SHEPHERD'S PIE SPINACH SALAD CORNBREAD APPLE</p>	<p>22</p> <p>SOUP BUTTERNUT SQUASH LASAGNA MESCLUN SALAD GARLIC BREADSTICKS ORANGE FRUITED JELLO</p>
<p>25</p> <p>SOUP BALSAMIC CHICKEN MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD PEAR</p>	<p>26</p> <p>ROAST TURKEY w/ GRAVY, STUFFING & CRANBERRY SAUCE MASHED SWEET POTATO FRENCH GREEN BEANS BAKED APPLE w/ CINNAMON</p>	<p>27</p> <p>SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE GINGER CARROTS PINEAPPLE</p>	<p>28</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p> <p>Happy Thanksgiving!</p>	<p>29</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p>

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