



# Office for Senior Resources Friendship Center in Philipstown

## November 2024 — Menu

For more information  
about our Programs &  
Services, please call  
(845) 808-1700 x47100  
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	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>SOUP ROAST BEEF w/ GRAVY MASHED POTATOES MIXED VEGETABLES MARBLE-RYE BREAD GRAPES</p>
<p><b>4</b></p> <p>SOUP PECAN-CRUSTED CHICKEN BAKED SWEET POTATO ROASTED BRUSSELS SPROUTS CORNBREAD PEAR</p>	<p><b>5</b></p> <p>SOUP TURKEY MEATLOAF BUTTERNUT SQUASH GREEN PEAS WHOLE-WHEAT BREAD APPLE</p>	<p><b>6</b></p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA &amp; COUSCOUS FRENCH GREEN BEANS BERRIES w/ YOGURT</p>	<p><b>7</b></p> <p>SOUP CHICKEN POT PIE MESCLUN SALAD MARBLE-RYE BREAD ORANGE</p>	<p><b>8</b></p> <p>SOUP TUNA NOODLE CASSEROLE SPINACH SALAD BANANA PUMPKIN PUDDING</p>
<p><b>11</b></p> <p><b>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</b></p> <p><b>Happy Veterans Day!</b></p>	<p><b>12</b></p> <p>SOUP STUFFED PEPPERS FINGERLING POTATOES MESCLUN SALAD BERRIES w/ YOGURT</p>	<p><b>13</b></p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE BIRTHDAY TREAT</p>	<p><b>14</b></p> <p>SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO KALE &amp; BEET SALAD PEAR</p>	<p><b>15</b></p> <p>SOUP ROASTED PORK LOIN w/ APPLES &amp; CABBAGE ACORN SQUASH MARBLE-RYE BREAD GRAPES</p>
<p><b>18</b></p> <p>SOUP BROCCOLI QUICHE GLAZED CARROTS WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p><b>19</b></p> <p>SOUP MAPLE-DIJON CHICKEN QUINOA &amp; COUSCOUS WINTER SQUASH ROASTED BRUSSELS SPROUTS BANANA</p>	<p><b>20</b></p> <p><b>ALL SITES CLOSED FOR STAFF TRAINING DAY (NO HOME-DELIVERED MEALS)</b></p>	<p><b>21</b></p> <p>SOUP SHEPHERD'S PIE SPINACH SALAD CORNBREAD APPLE</p>	<p><b>22</b></p> <p>SOUP BUTTERNUT SQUASH LASAGNA MESCLUN SALAD GARLIC BREADSTICKS ORANGE FRUITED JELLO</p>
<p><b>25</b></p> <p>SOUP BALSAMIC CHICKEN MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD PEAR</p>	<p><b>26</b></p> <p>ROAST TURKEY w/ GRAVY, STUFFING &amp; CRANBERRY SAUCE MASHED SWEET POTATO FRENCH GREEN BEANS BAKED APPLE w/ CINNAMON</p>	<p><b>27</b></p> <p>SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE GINGER CARROTS PINEAPPLE</p>	<p><b>28</b></p> <p><b>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</b></p> <p><b>Happy Thanksgiving!</b></p>	<p><b>29</b></p> <p><b>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</b></p>

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