



# Office for Senior Resources Friendship Center in Philipstown



March 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 Visit our website at [putnamcountyny.gov/osr](http://putnamcountyny.gov/osr)

Mon	Tues	Wedn	Thurs	Fri
<b>3</b> SOUP PECAN-CRUSTED CHICKEN ROSEMARY POTATOES ROASTED BRUSSELS SPROUTS MARBLE-RYE BREAD APPLE	<b>4</b> SOUP ROASTED PORK LOIN MASHED SWEET POTATO CABBAGE SLAW CORNBREAD CLEMENTINE	<b>5</b> SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED BROCCOLI PINEAPPLE BIRTHDAY TREAT	<b>6</b> SOUP TURKEY MEATLOAF BUTTERNUT SQUASH SPINACH SALAD WHOLE-WHEAT BREAD GRAPES	<b>7</b> SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT
<b>10</b> SOUP BALSAMIC CHICKEN BROWN RICE FRENCH GREEN BEANS PEAR	<b>11</b> <b>ST. PATRICK'S DAY PARTY!</b>  <b>(HOME-DELIVERED MEALS ONLY)</b>	<b>12</b> SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS ROASTED CARROTS BANANA	<b>13</b> SOUP CREAMY GARLIC CHICKEN MASHED POTATOES GREEN PEAS WHOLE-WHEAT BREAD ORANGE	<b>14</b> SOUP PASTA PRIMAVERA w/ MARINARA SAUCE MESCLUN SALAD BERRIES w/ YOGURT
<b>17</b> SOUP SHEPHERD'S PIE CABBAGE SLAW MARBLE-RYE BREAD GRAPES ST. PADDY'S DAY DESSERT	<b>18</b> SOUP LEMON CHICKEN QUINOA & COUSCOUS ROASTED ASPARAGUS CLEMENTINE	<b>19</b> SOUP SALMON w/ MAPLE-DIJON SAUCE BROWN RICE ROASTED BROCCOLI PINEAPPLE	<b>20</b> SOUP TURKEY-STUFFED PEPPERS BUTTERNUT SQUASH MIXED VEGETABLES BERRIES w/ YOGURT	<b>21</b> SOUP SPINACH LASAGNA GARDEN SALAD GARLIC BREADSTICKS ORANGE
<b>24</b> SOUP GINGER CHICKEN BROWN RICE GLAZED CARROTS PEAR	<b>25</b> SOUP TURKEY BURGER SWEET POTATO FRIES KALE & BEET SALAD APPLE	<b>26</b> SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS BANANA	<b>27</b> SOUP PASTA BOLOGNESE MESCLUN SALAD CLEMENTINE VANILLA PUDDING	<b>28</b> SOUP VEGGIE QUICHE ROASTED DILL POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
<b>31</b> SOUP TUNA MELT BAKED SWEET POTATO SPINACH SALAD GRAPES		<b>SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.</b>	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.