



Office for Senior Resources Friendship Center in Philipstown



February 2025 — Menu

Carmel...808-1701 Mahopac...808-1738 Philipstown...808-1705 Putnam Valley...808-1730

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about our Programs &
Services, please call
(845) 808-1700 x47100
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Mon	Tues	Wedn	Thurs	Fri
3 SOUP VEGGIE FRITTATA PARMESAN POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT	4 SOUP SHEPHERD'S PIE SPINACH SALAD WHOLE-WHEAT BREAD APPLE	5 SOUP SALMON w/ GARLIC HERB SAUCE QUINOA & COUSCOUS ROASTED CARROTS ORANGE BIRTHDAY TREAT	6 SOUP TERIYAKI CHICKEN BROWN RICE ROASTED BROCCOLI PINEAPPLE	7 SOUP ROAST TURKEY w/ GRAVY MASHED SWEET POTATO ROASTED BRUSSELS SPROUTS WHOLE-WHEAT BREAD PEAR
10 SOUP PECAN-CRUSTED CHICKEN ROSEMARY POTATOES FRENCH GREEN BEANS MARBLE-RYE BREAD GRAPES	11 SOUP STUFFED PEPPERS BAKED SWEET POTATO KALE & BEET SALAD BERRIES w/ YOGURT	12 SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS CABBAGE SLAW BANANA	13 SOUP TURKEY MEATLOAF ROASTED BUTTERNUT SQUASH GREEN PEAS WHOLE-WHEAT BREAD APPLE	14 SOUP LUIGI'S LASAGNA MESCLUN SALAD GARLIC BREADSTICKS CLEMENTINE FUDGE BROWNIE
17 <b style="color: red;">ALL SITES CLOSED <b style="color: red;">(NO HOME-DELIVERED MEALS)	18 SOUP CHICKEN PARMESAN ROASTED BROCCOLI MARBLE-RYE BREAD ORANGE	19 SOUP SALMON w/ MAPLE-DIJON GLAZE BROWN RICE GINGER CARROTS PINEAPPLE JELLO	20 SOUP THREE BEAN CHILI w/ CORNBREAD KALE & BEET SALAD BERRIES w/ YOGURT	21 SOUP ROASTED PORK LOIN w/ APPLE-WALNUT STUFFING MASHED SWEET POTATO ROASTED BRUSSELS SPROUTS PEAR
24 SOUP VEGGIE QUICHE BUTTERNUT SQUASH WHOLE-WHEAT BREAD BERRIES w/ YOGURT	25 SOUP TURKEY POT PIE SPINACH SALAD MARBLE-RYE BREAD GRAPES	26 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS CLEMENTINE	27 SOUP OPEN-FACED ITALIAN BEEF SANDWICH MASHED POTATOES GREEN PEAS BANANA	28 SOUP SPAGHETTI w/ TURKEY MEATBALLS MESCLUN SALAD ORANGE CHOCOLATE PUDDING

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.

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

