



Office for Senior Resources Carmel Friendship Center

September 2024 — Menu

For more information about our Programs & Services, please call (845) 808-1700 x47100
Visit our website at putnamcountyny.com/osr

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

Mon	Tue	Wed	Thur	Fri
2 ALL SITES CLOSED FOR HOLIDAY	3 SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO SPINACH SALAD APPLE	4 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE	5 SOUP CHICKEN PARMESEAN GARDEN SALAD GARLIC BREADSTICKS NECTARINE CHOCOLATE PUDDING	6 SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT
9 SOUP BEEF & BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE	10 SOUP PECAN-CRUSTED CHICKEN FINGERLING POTATOES GINGER CARROTS CORNBREAD FRESH BERRIES	11 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS MESCLUN SALAD GRAPES BIRTHDAY TREAT	12 SOUP BUTTERNUT SQUASH LASAGNA SPINACH SALAD MARBLE-RYE BREAD BERRIES w/ YOGURT	13 SOUP ROAST TURKEY w/ STUFFING & CRANBERRY SAUCE BAKED SWEET POTATO FRENCH GREEN BEANS APPLE
16 SOUP ROSEMARY CHICKEN BROWN RICE MIXED VEGETABLES GRAPES	17 SOUP TURKEY MEATLOAF MASHED SWEET POTATO GARLICKY PEAS MARBLE-RYE BREAD FRESH BERRIES	18 SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS HARVEST SALAD CANTALOUPE APPLE PIE	19 SOUP STUFFED PEPPERS BAKED POTATO BROCCOLI SALAD BERRIES w/ YOGURT	20 SOUP ROASTED PORK LOIN BUTTERNUT SQUASH CABBAGE SLAW MARBLE-RYE BREAD NECTARINE
23 SOUP BROCCOLI QUICHE GLAZED CARROTS MARBLE-RYE BREAD BERRIES w/ YOGURT	24 SOUP SPAGHETTI & MEATBALLS w/ MARINARA SAUCE SPINACH SALAD GRAPES	25 SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS MESCLUN SALAD FRESH BERRIES	26 SOUP TURKEY TAMALE PIE w/ CORNBREAD MIXED VEGETABLES BAKED APPLE w/ CINNAMON	27 SOUP TUNA MELT BAKED SWEET POTATO BEET SALAD CANTALOUPE
30 SOUP BALSAMIC CHICKEN GARLIC MASHED POTATOES FRENCH GREEN BEANS MARBLE-RYE BREAD GRAPES			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.....\$3.00 HOME DELIVERED MEALS! NO HOME DELIVERED MEALS WHEN SITES ARE CLOSED!