



Office for Senior Resources

William Koehler Senior Center

September 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
putnamcountyny.com/osr

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				<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>				

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