



Office for Senior Resources Carmel Friendship Center

August 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
<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>1</p> <p>SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO SPINACH SALAD FRESH BERRIES</p>	<p>2</p> <p>SOUP SUMMER VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD FRESH PLUM</p>
<p>5</p> <p>SOUP BEEF & BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE</p>	<p>6</p> <p>SOUP PECAN-CRUSTED CHICKEN ROSEMARY ROASTED POTATOES GLAZED CARROTS MARBLE-RYE BREAD FRESH BERRIES</p>	<p>7</p> <p>SOUP BAKED COD w/ TARTAR SAUCE QUINOA & COUSCOUS ARUGULA & TOMATO SALAD WATERMELON BIRTHDAY TREAT</p>	<p>8</p> <p>SOUP PASTA PRIMAVERA w/ FARM-FRESH VEGETABLES MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>9</p> <p>SOUP TUNA MELT CUCUMBER DILL SALAD CABBAGE SLAW CANTALOUPE</p>
<p>12</p> <p>SOUP BALSAMIC CHICKEN MASHED POTATOES MIXED VEGETABLES MARBLE-RYE BREAD FRESH PEACH</p>	<p>13</p> <p>SOUP STUFFED PEPPERS BAKED SWEET POTATO SPINACH SALAD BERRIES w/ YOGURT</p>	<p>14</p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE</p>	<p>15</p> <p>SOUP LEMON CHICKEN QUINOA & COUSCOUS GREEK SALAD FRESH BERRIES CHERRY PIE</p>	<p>16</p> <p>SOUP ROASTED PORK LOIN FINGERLING SWEET POTATOES FRENCH GREEN BEANS MARBLE-RYE BREAD APPLE</p>
<p>19</p> <p>SOUP TURKEY BURGER w/ CRANBERRY MAYO FINGERLING POTATOES MIXED VEGETABLES GRAPES</p>	<p>20</p> <p>SOUP BAKED ZITI GARDEN SALAD MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>21</p> <p>SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS SUGAR SNAP PEAS CANTALOUPE</p>	<p>22</p> <p>SOUP SLOPPY JOE SWEET POTATO TOTS CABBAGE SLAW FRESH PLUM</p>	<p>23</p> <p>SOUP BAKED COD w/ LEMON SAUCE BROWN RICE SPINACH SALAD FRESH BERRIES ICE CREAM SANDWICH</p>
<p>26</p> <p>SOUP BROCCOLI QUICHE FARM-FRESH VEGETABLES MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>27</p> <p>SOUP CREAMY GARLIC CHICKEN BROWN RICE GINGER CARROTS FRENCH GREEN BEANS FRESH PEACH</p>	<p>28</p> <p>SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS ARUGULA & TOMATO SALAD FRESH BERRIES</p>	<p>29</p> <p>SOUP TURKEY TAMALES w/ CORNBREAD MIXED VEGETABLES APPLE</p>	<p>30</p> <p>SOUP HOT DOG BAKED BEANS CABBAGE SLAW WATERMELON FRUITED JELLO</p>

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