



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