



Office for Senior Resources
Putnam Valley Friendship Center
September 2026 — Menu

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

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

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
Meals meet dietary guidelines of one-third DRIs, as certified by a dietitian. Serving time is 12:00.	1 NAT'L GYRO DAY SOUP BEEF GYRO ON PITA TZATZIKI CUCUMBER & ORZO SALAD PEAR	2 SOUP CHICKEN CACCIATORE PENNE W/ TOMATO SAUCE ROASTED BROCCOLI GARDEN FRESH SALAD BIRTHDAY TREAT	3 SOUP POT ROAST W/ GRAVY BROWN RICE CARROTS PEACHES	4 SOUP FISH 'N CHIPS W/ MALT VINEGAR PEAS TAPIOCA PUDDING
7 CLOSED FOR LABOR DAY HOLIDAY ALL SITES CLOSED NO DELIVERY OF HOME DELIVERED MEALS	8 SOUP ROAST CHICKEN W/ GRAVY MASHED POTATOES GARDEN FRESH SALAD BEETS APPLESAUCE	9 SOUP SALMON W/ LEMON DILL COMPOUND BUTTER BAKED POTATO PINEAPPLE	10 SOUP HUNGARIAN DICED PORK W/ GRAVY OVER NOODLES BROCCOLI APPLESAUCE	11 SOUP HOT OPENED FACED PASTRAMI ON RYE CARROT COINS FRESH ORANGE
14 SOUP EGG SALAD ON WHOLE WHEAT LETTUCE AND TOMATO SPINACH SALAD PEACHES	15 NAT'L LINGUINE DAY SOUP MEATSAUCE OVER LINIGUINE GARLIC KNOT GARDEN FRESH SALAD PEAS AND CARROTS FRUITED JELLO	16 NAT'L GUACAMOLE DAY GASPACHO TURKEY TACO BOWL W/ GUACAMOLE & PICO DE GALLO TOMATO/CUCUMBER/ONION SALAD MELON	17 SOUP BREADED FISH W/ SWEET POTATO NUGGETS OR CHEESE PIZZA ZUCCHINI PEACHES	18 NAT'L CHEESEBURGER DAY SOUP CHEESE BURGER BAKED BEANS COLESLAW ORANGE
21 SOUP LEMON CHICKEN BROWN RICE PILAF GREEN BEANS APPLESAUCE	22 CHILI CON CARNE ON BAKED POTATO SPINACH GARDEN FRESH SALAD CORNBREAD ICE CREAM	23 SOUP ORANGE GINGER SALMON ORIENTAL VEGETABLES BROWN RICE PILAF PINEAPPLE	24 SOUP QUICK CHICKEN CORDON BLEU FRESH YAM CAULIFLOWER FRUITED JELLO	25 SOUP TUNA SALAD ON LETTUCE LEAF MINISTRONE SALAD BISCUIT PEACHES
28 SOUP ROAST CHICKEN W/ GRAVY STUFFING GREEN BEANS ALMONDINE PINEAPPLE	29 SOUP RADICALLY ROASTED BEEF SAND- WICH GARDEN FRESH SALAD PASTA SALAD W/ VEGETABLES MELON	30 SOUP BBQ CHICKEN THIGH ROASTED POTATO CORN O'BRIEN BANANA CREAM PIE	Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.	Voluntary suggested contribution for meals is \$3.00. No home-delivered meals when all sites are closed.