



Office for Senior Resources Carmel Friendship Center



March 2025 — 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.gov/osr

Mon	Tues	Wedn	Thurs	Fri
3 SOUP PECAN-CRUSTED CHICKEN ROSEMARY POTATOES ROASTED BRUSSELS SPROUTS MARBLE-RYE BREAD APPLE	4 SOUP ROASTED PORK LOIN MASHED SWEET POTATO CABBAGE SLAW CORNBREAD CLEMENTINE	5 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED BROCCOLI PINEAPPLE BIRTHDAY TREAT	6 SOUP TURKEY MEATLOAF BUTTERNUT SQUASH SPINACH SALAD WHOLE-WHEAT BREAD GRAPES	7 SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT
10 SOUP BALSAMIC CHICKEN BROWN RICE FRENCH GREEN BEANS PEAR	11 SOUP ROAST TURKEY w/ STUFFING BAKED SWEET POTATO KALE & BEET SALAD APPLE	12 ST. PATRICK'S DAY PARTY! (HOME-DELIVERED MEALS ONLY)	13 SOUP CREAMY GARLIC CHICKEN MASHED POTATOES GREEN PEAS WHOLE-WHEAT BREAD ORANGE	14 SOUP PASTA PRIMAVERA w/ MARINARA SAUCE MESCLUN SALAD BERRIES w/ YOGURT
17 SOUP SHEPHERD'S PIE CABBAGE SLAW MARBLE-RYE BREAD GRAPES ST. PADDY'S DAY DESSERT	18 SOUP LEMON CHICKEN QUINOA & COUSCOUS ROASTED ASPARAGUS CLEMENTINE	19 SOUP SALMON w/ MAPLE-DIJON SAUCE BROWN RICE ROASTED BROCCOLI PINEAPPLE	20 SOUP TURKEY-STUFFED PEPPERS BUTTERNUT SQUASH MIXED VEGETABLES BERRIES w/ YOGURT	21 SOUP SPINACH LASAGNA GARDEN SALAD GARLIC BREADSTICKS ORANGE
24 SOUP GINGER CHICKEN BROWN RICE GLAZED CARROTS PEAR	25 SOUP TURKEY BURGER SWEET POTATO FRIES KALE & BEET SALAD APPLE	26 SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS BANANA	27 SOUP PASTA BOLOGNESE MESCLUN SALAD CLEMENTINE VANILLA PUDDING	28 SOUP VEGGIE QUICHE ROASTED DILL POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
31 SOUP TUNA MELT BAKED SWEET POTATO SPINACH SALAD GRAPES		SUGGESTED CONTRIBUTION FOR MEALS \$3.00. NO HOME-DELIVERED MEALS WHEN SITES ARE CLOSED.	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.