



Office for Senior Resources
Carmel Friendship Center

July 2025 — Menu



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

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

Mon	Tues	Wedn	Thurs	Fri
Menus are subject to change. Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.	1 SOUP TURKEY TAMALE PIE w/ CORNBREAD SPINACH SALAD FRESH PLUM	2 SOUP BUTTER-CRUMB COD w/ LEMON SAUCE RICE PILAF FRENCH GREEN BEANS GRAPES	3 SOUP HAMBURGER SWEET POTATO FRIES MESCLUN & BEET SALAD WATERMELON ICE CREAM SANDWICH	4 ALL SITES CLOSED (NO HOME-DELIVERED MEALS) Happy 4th of July!
7 SOUP EGG SALAD ON RYE DILL POTATO SALAD BANANA	8 SOUP CHICKEN FLORENTINE CASSEROLE SUNSHINE CARROT SALAD FRESH BERRIES	9 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE BIRTHDAY TREAT	10 SOUP PULLED PORK SANDWICH CABBAGE SLAW CUCUMBER SALAD FRESH PEACH	11 SOUP OPEN-FACED TURKEY MELT SWEET POTATO TOTS KALE & BEET SALAD CANTALOUPE
14 SOUP LEMON CHICKEN RICE PILAF FARM-FRESH VEGETABLES ORANGE	15 SOUP BAKED ZITI w/ PARMESAN ZUCCHINI & SUMMER SQUASH GRAPES	16 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS GREEK SALAD FRESH BERRIES JELLO	17 SOUP BBQ CHICKEN BEAN SALAD CORNBREAD WATERMELON	18 SOUP TURKEY BURGER SWEET POTATO FRIES SPINACH SALAD FRESH PLUM
21 SOUP CHICKEN PARMESAN GLAZED CARROTS GARLIC BREADSTICKS CANTALOUPE	22 SOUP TACO SALAD CABBAGE SLAW PINEAPPLE	23 SOUP SALMON w/ DILL SAUCE BROWN RICE ROASTED BROCCOLI FRESH BERRIES	24 SOUP CAPRESE PASTA SALAD FARM-FRESH VEGETABLES BANANA VANILLA PUDDING	25 SOUP HOT DOG BAKED BEANS CUCUMBER SALAD WATERMELON
28 SOUP SUMMER VEGGIE QUICHE ROSEMARY POTATOES WHOLE-WHEAT BREAD FRESH PEACH	29 SOUP CHICKEN SALAD OVER MESCLUN GREENS MARBLE-RYE BREAD GRAPES	30 SOUP BUTTER-CRUMB COD w/ LEMON COCONUT RICE PILAF SUGAR SNAP PEAS ORANGE	31 SOUP TURKEY-STUFFED PEPPERS BAKED SWEET POTATO KALE & BEET SALAD FRESH BERRIES	Meals meet dietary guidelines of one- third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN.

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