



Office for Senior Resources Carmel Friendship Center

October 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
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 CHILI w/ RICE BAKED SWEET POTATO CORNBREAD APPLE	2 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS MESCLUN SALAD FRESH BERRIES BIRTHDAY TREAT	3 SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT	4 SOUP PECAN-CRUSTED CHICKEN BROWN RICE GLAZED CARROTS CANTALOUPE
7 SOUP ROAST BEEF w/ GRAVY FINGERLING POTATOES MIXED VEGETABLES MARBLE-RYE BREAD GRAPES	8 SOUP CHICKEN POT PIE MESCLUN SALAD CORNBREAD FRESH BERRIES	9 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE TAPIOCA PUDDING	10 SOUP TURKEY MEATLOAF BUTTERNUT SQUASH ROASTED BRUSSELS SPROUTS MARBLE-RYE BREAD APPLE	11 SOUP BAKED ZITI SPINACH SALAD GARLIC BREADSTICKS BERRIES w/ YOGURT
14 ALL SITES CLOSED FOR HOLIDAY (No delivery of HDMeals)	15 SOUP CREAMY GARLIC CHICKEN BROWN RICE GINGER CARROTS CANTALOUPE FRUITED JELLO	16 SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS SPINACH SALAD GRAPES	17 SOUP STUFFED PEPPERS BAKED POTATO BROCCOLI SALAD BERRIES w/ YOGURT	18 SOUP ROASTED PORK LOIN MASHED SWEET POTATO CABBAGE SLAW MARBLE-RYE BREAD PINEAPPLE
21 SOUP BROCCOLI QUICHE BROWN RICE MIXED VEGETABLES BERRIES w/ YOGURT	22 SOUP PASTA BOLOGNESE SPINACH SALAD ORANGE	23 SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS FINGERLING POTATOES FRESH BERRIES	24 HARVEST JAMBOREE Site closed HOME-DELIVERED MEALS ONLY	25 SOUP TUNA NOODLE CASSEROLE BEET SALAD CANTALOUPE VANILLA PUDDING
28 SOUP CHICKEN PARMESEAN FRENCH GREEN BEANS GARLIC BREADSTICKS ORANGE	29 SOUP ROAST TURKEY w/ GRAVY & STUFFING GARLIC MASHED POTATOES BUTTERNUT SQUASH APPLE	30 SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE GLAZED CARROTS PINEAPPLE	31 SOUP PUMPKIN LASAGNA SPINACH SALAD MARBLE-RYE BREAD FRESH BERRIES CHOCOLATE CHIP COOKIES	Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN

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