



# Office for Senior Resources

## William Koehler Senior Center

### October 2024 — Menu

For more information  
about our Programs &  
Services, please call  
(845) 808-1700 x47100  
Visit our website at  
[putnamcountyny.com/osr](http://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><b>1</b></p> <p>SOUP TURKEY CHILI w/ RICE BAKED SWEET POTATO CORNBREAD APPLE</p>	<p><b>2</b></p> <p>SOUP BAKED COD w/ LEMON SAUCE QUINOA &amp; COUSCOUS MESCLUN SALAD FRESH BERRIES BIRTHDAY TREAT</p>	<p><b>3</b></p> <p>SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS &amp; ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p><b>4</b></p> <p>SOUP PECAN-CRUSTED CHICKEN BROWN RICE GLAZED CARROTS CANTALOUPE</p>
<p><b>7</b></p> <p>SOUP ROAST BEEF w/ GRAVY FINGERLING POTATOES MIXED VEGETABLES MARBLE-RYE BREAD GRAPES</p>	<p><b>8</b></p> <p>SOUP CHICKEN POT PIE MESCLUN SALAD CORNBREAD FRESH BERRIES</p>	<p><b>9</b></p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE BROCCOLI SALAD PINEAPPLE TAPIOCA PUDDING</p>	<p><b>10</b></p> <p>SOUP TURKEY MEATLOAF BUTTERNUT SQUASH ROASTED BRUSSELS SPROUTS MARBLE-RYE BREAD APPLE</p>	<p><b>11</b></p> <p>SOUP BAKED ZITI SPINACH SALAD GARLIC BREADSTICKS BERRIES w/ YOGURT</p>
<p><b>14</b></p> <p><b>ALL SITES CLOSED FOR HOLIDAY (No delivery of HDMeals)</b></p>	<p><b>15</b></p> <p>SOUP CREAMY GARLIC CHICKEN BROWN RICE GINGER CARROTS CANTALOUPE FRUITED JELLO</p>	<p><b>16</b></p> <p>SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA &amp; COUSCOUS SPINACH SALAD GRAPES</p>	<p><b>17</b></p> <p>SOUP STUFFED PEPPERS BAKED POTATO BROCCOLI SALAD BERRIES w/ YOGURT</p>	<p><b>18</b></p> <p>SOUP ROASTED PORK LOIN MASHED SWEET POTATO CABBAGE SLAW MARBLE-RYE BREAD PINEAPPLE</p>
<p><b>21</b></p> <p>SOUP BROCCOLI QUICHE BROWN RICE MIXED VEGETABLES BERRIES w/ YOGURT</p>	<p><b>22</b></p> <p><b>HARVEST JAMBOREE Site Closed HOME-DELIVERED MEALS ONLY</b></p>	<p><b>23</b></p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA &amp; COUSCOUS FINGERLING POTATOES FRESH BERRIES</p>	<p><b>24</b></p> <p>SOUP CHICKEN &amp; APPLE- STUFFED SQUASH MESCLUN SALAD GRAPES</p>	<p><b>25</b></p> <p>SOUP TUNA NOODLE CASSEROLE BEET SALAD CANTALOUPE VANILLA PUDDING</p>
<p><b>28</b></p> <p>SOUP CHICKEN PARMESEAN FRENCH GREEN BEANS GARLIC BREADSTICKS ORANGE</p>	<p><b>29</b></p> <p>SOUP ROAST TURKEY w/ GRAVY &amp; STUFFING GARLIC MASHED POTATOES BUTTERNUT SQUASH APPLE</p>	<p><b>30</b></p> <p>SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE GLAZED CARROTS PINEAPPLE</p>	<p><b>31</b></p> <p>SOUP PUMPKIN LASAGNA SPINACH SALAD MARBLE-RYE BREAD FRESH BERRIES CHOCOLATE CHIP COOKIES</p>	<p>Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN</p>

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