



# Office for Senior Resources Carmel Friendship Center December 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  
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Mon	Tue	Wed	Thur	Fri
<b>2</b> SOUP CREAMY GARLIC CHICKEN BROWN RICE ROASTED BROCCOLI APPLE	<b>3</b> SOUP BEEF STROGANOFF GLAZED CARROTS PINEAPPLE TAPIOCA PUDDING	<b>4</b> SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS SPINACH SALAD CLEMENTINE	<b>5</b> SOUP TURKEY MEATLOAF MASHED SWEET POTATO ROASTED BRUSSELS SPROUTS WHOLE-WHEAT BREAD PEAR	<b>6</b> SOUP VEGGIE FRITTATA SCALLOPED POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
<b>9</b> SOUP ROSEMARY CHICKEN BROWN RICE ROASTED ASPARAGUS BANANA	<b>10</b> SOUP STUFFED PEPPERS ROASTED POTATOES MIXED VEGETABLES BERRIES w/ YOGURT	<b>11</b> <b>HOLIDAY PARTY!</b>  <b>(HOME-DELIVERED MEALS ONLY)</b>	<b>12</b> SOUP CHICKEN PARMESAN MESCLUN SALAD GARLIC BREADSTICKS ORANGE BIRTHDAY TREAT	<b>13</b> SOUP ROAST TURKEY w/ GRAVY BAKED SWEET POTATO KALE & BEET SALAD MARBLE-RYE BREAD APPLE
<b>16</b> SOUP BROCCOLI QUICHE GLAZED CARROTS WHOLE-WHEAT BREAD BERRIES w/ YOGURT	<b>17</b> SOUP SLOPPY JOE CASSEROLE w/ CORNBREAD SPINACH SALAD PEAR	<b>18</b> SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE WINTER SQUASH PINEAPPLE	<b>19</b> SOUP TURKEY BOLOGNESE GARDEN SALAD BANANA	<b>20</b> SOUP ROASTED PORK LOIN w/ APPLE-WALNUT STUFFING ROASTED BRUSSELS SPROUTS ORANGE HOLIDAY COOKIES
<b>23</b> SOUP CHICKEN MARSALA GARLIC MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD GRAPES	<b>24</b> SOUP BAKED ZITI MESCLUN SALAD CLEMENTINE EGGNOG	<b>25</b> <b>ALL SITES CLOSED</b> <b>(NO HOME-DELIVERED MEALS)</b>  <i>Merry Christmas!</i>	<b>26</b> <b>ALL SITES CLOSED</b> <b>(NO HOME-DELIVERED MEALS)</b>	<b>27</b> SOUP TUNA MELT MASHED SWEET POTATO KALE & BEET SALAD BERRIES w/ YOGURT
<b>30</b> SOUP BALSAMIC CHICKEN BROWN RICE GINGER CARROTS PEAR	<b>31</b> SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS ORANGE		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

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