



Office for Senior Resources Carmel Friendship Center

January 2025 — Menu



For more information
about our Programs &
Services, please call
(845) 808-1700 x47100
Visit our website at
putnamcountyny.gov/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>Meals meet dietary guidelines of one-third DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN</p>	<p>1</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p> <p style="color: red; font-weight: bold; font-size: 1.2em;"><i>Happy New Year!</i></p>	<p>2</p> <p>SOUP VEGGIE FRITTATA HOME FRIES w/ PEPPERS & ONIONS MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>3</p> <p>SOUP TURKEY MEATLOAF MASHED SWEET POTATO GREEN PEAS WHOLE-WHEAT BREAD GRAPES</p>
<p>6</p> <p>SOUP CREAMY GARLIC CHICKEN QUINOA & COUSCOUS ROASTED BRUSSELS SPROUTS BANANA</p>	<p>7</p> <p>SOUP BEEF STROGANOFF GINGER CARROTS CLEMENTINE</p>	<p>8</p> <p>SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE ROASTED BROCCOLI PINEAPPLE</p>	<p>9</p> <p>SOUP OPEN-FACED TURKEY SANDWICH BAKED SWEET POTATO KALE & BEET SALAD APPLE</p>	<p>10</p> <p>SOUP TUNA NOODLE CASSEROLE MESCLUN SALAD ORANGE BIRTHDAY TREAT</p>
<p>13</p> <p>SOUP BROCCOLI QUICHE ROSEMARY POTATOES WHOLE-WHEAT BREAD BERRIES w/ YOGURT</p>	<p>14</p> <p>SOUP STUFFED PEPPERS BAKED SWEET POTATO MIXED VEGETABLES GRAPES</p>	<p>15</p> <p>SOUP BAKED COD w/ DILL SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS BANANA CHOCOLATE PUDDING</p>	<p>16</p> <p>SOUP CHICKEN POT PIE SPINACH SALAD MARBLE-RYE BREAD PEAR</p>	<p>17</p> <p>SOUP ROASTED PORK LOIN w/ APPLES & CABBAGE WINTER SQUASH WHOLE-WHEAT BREAD CLEMENTINE</p>
<p>20</p> <p>ALL SITES CLOSED (NO HOME-DELIVERED MEALS)</p> <p style="color: red; font-weight: bold; font-size: 1.2em;"><i>Happy MLK Day!</i></p>	<p>21</p> <p>SOUP BAKED ZITI MESCLUN SALAD BERRIES w/ YOGURT</p>	<p>22</p> <p>SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE ROASTED CAULIFLOWER PINEAPPLE FRUITED JELLO</p>	<p>23</p> <p>SOUP TURKEY CHILI w/ CORNBREAD KALE & BEET SALAD APPLE</p>	<p>24</p> <p>SOUP ROAST BEEF w/ GRAVY GARLIC MASHED POTATOES GREEN PEAS MARBLE-RYE BREAD ORANGE</p>
<p>27</p> <p>SOUP MAPLE-DIJON CHICKEN BROWN RICE GINGER CARROTS PEAR</p>	<p>28</p> <p>SOUP TURKEY BURGER SWEET POTATO FRIES CABBAGE SLAW BANANA</p>	<p>29</p> <p>SOUP BAKED FLOUNDER w/ LEMON SAUCE QUINOA & COUSCOUS FRENCH GREEN BEANS CLEMENTINE</p>	<p>30</p> <p>SOUP SPINACH LASAGNA MESCLUN SALAD GARLIC BREADSTICKS BERRIES w/ YOGURT</p>	<p>31</p> <p>SOUP CHICKEN & BROCCOLI CASSEROLE GARDEN SALAD GRAPES VANILLA PUDDING</p>

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