



# Office for Senior Resources Carmel Friendship Center

## July 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
1 SOUP PECAN-CRUSTED CHICKEN BROWN RICE FINGERLING POTATOES MIXED VEGETABLES FRESH PLUM	2 SOUP SUMMER PASTA SALAD w/ FARM-FRESH VEGETABLES MARBLE-RYE BREAD BERRIES w/ YOGURT	3 SOUP HAMBURGER OR VEGGIE BURGER BAKED BEANS CABBAGE SLAW WATERMELON	4 <b>ALL SITES CLOSED FOR HOLIDAY</b> <b>Happy 4th of July!</b>	5 SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE QUINOA & COUSCOUS ARUGULA & TOMATO SALAD FRESH BERRIES
8 SOUP BEEF & BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE	9 SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO SPINACH SALAD GRAPES	10 SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS SUNSHINE CARROT SALAD FRESH BERRIES BIRTHDAY TREAT	11 SOUP TURKEY TAMALE PIE w/ CORNBREAD ARUGULA & TOMATO SALAD FRESH PEACH	12 SOUP VEGGIE FRITTATA SCALLOPED POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT
15 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS MASHED SWEET POTATO CANTALOUPE	16 SOUP PASTA BOLOGNESE FARMERS' MARKET SALAD MARBLE-RYE BREAD FRESH BERRIES	17 SOUP SALMON w/ ORANGE-GINGER GLAZE BROWN RICE SPINACH SALAD FRESH PLUM	18 SOUP STUFFED PEPPERS BAKED POTATO BROCCOLI SALAD BERRIES w/ YOGURT	19 SOUP PULLED PORK SANDWICH SWEET POTATO FRIES CABBAGE SLAW WATERMELON ICE CREAM SANDWICH
22 SOUP TURKEY BURGER w/ CRANBERRY MAYO FINGERLING POTATOES MIXED VEGETABLES GRAPES	23 SOUP TUNA MELT LEMON ORZO w/ ASPARAGUS SUNSHINE CARROT SALAD FRESH BERRIES	24 SOUP SALMON w/ DILL SAUCE QUINOA & COUSCOUS MESCLUN SALAD FRESH PEACH KEY LIME PIE	25 SOUP BROCCOLI QUICHE SPINACH SALAD MARBLE-RYE BREAD BERRIES w/ YOGURT	26 SOUP BBQ CHICKEN BAKED BEANS CABBAGE SLAW WATERMELON
29 SOUP PASTA PRIMAVERA w/ FARM-FRESH VEGETABLES MARBLE-RYE BREAD BERRIES w/ YOGURT	30 SOUP CHICKEN FRANCESE QUINOA & COUSCOUS ARUGULA & TOMATO SALAD CANTALOUPE	31 SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE BROCCOLI SALAD PINEAPPLE	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 1/3 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!**