



# Office for Senior Resources Carmel Friendship Center

June 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>3</p> <p style="text-align: center;">SOUP SPRING VEGGIE FRITTATA SCALLOPED POTATOES MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>4</p> <p style="text-align: center;">SOUP BEEF &amp; BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE</p>	<p>5</p> <p style="text-align: center;"><b>ALL SITES CLOSED FOR STAFF TRAINING DAY</b></p> <p style="text-align: center;"><b>No delivery of Home Delivered Meals</b></p>	<p>6</p> <p style="text-align: center;">SOUP OPEN-FACED TURKEY SANDWICH MASHED SWEET POTATO SPINACH SALAD FRESH BERRIES</p>	<p>7</p> <p style="text-align: center;">SOUP POTATO-CRUSTED POLLOCK w/ TARTAR SAUCE BROWN RICE ARUGULA &amp; TOMATO SALAD CANTALOUPE LEMON MERINGUE PIE</p>
<p>10</p> <p style="text-align: center;">SOUP PECAN-CRUSTED CHICKEN QUINOA &amp; COUSCOUS FINGERLING POTATOES MIXED VEGETABLES PINEAPPLE</p>	<p>11</p> <p style="text-align: center;">SOUP LUIGI'S LASAGNA GARLIC BREADSTICKS SPINACH SALAD FRESH BERRIES</p>	<p>12</p> <p style="text-align: center;"><b>ANNUAL SENIOR PICNIC Veterans Memorial Park</b> <b>There will be delivery of HOME DELIVERED MEALS</b></p>	<p>13</p> <p style="text-align: center;">SOUP BROCCOLI QUICHE FINGERLING POTATOES SUNSHINE CARROT SALAD MARBLE-RYE BREAD BERRIES w/ YOGURT</p>	<p>14</p> <p style="text-align: center;">SOUP PULLED PORK SANDWICH ON WHOLE-WHEAT BUN SWEET POTATO FRIES CABBAGE SLAW CLEMENTINE</p>
<p>17</p> <p style="text-align: center;">SOUP BAKED COD w/ CREAMY HERB SAUCE QUINOA &amp; COUSCOUS FARM-FRESH VEGETABLES GRAPES</p>	<p>18</p> <p style="text-align: center;">SOUP TURKEY MEATLOAF MASHED SWEET POTATO BROCCOLI SALAD MARBLE-RYE BREAD FRESH PLUM</p>	<p>19</p> <p style="text-align: center;">SOUP SALMON w/ DILL SAUCE BROWN RICE ARUGULA &amp; TOMATO SALAD FRESH BERRIES BIRTHDAY TREAT</p>	<p>20</p> <p style="text-align: center;">SOUP TUNA MELT SWEET POTATO FRIES ARUGULA &amp; TOMATO SALAD WATERMELON</p>	<p>21</p> <p style="text-align: center;">SOUP BAKED ZITI w/ MARINARA SAUCE SPINACH SALAD BERRIES w/ YOGURT</p>
<p>24</p> <p style="text-align: center;">SOUP TURKEY BURGER ON WHOLE-WHEAT BUN w/ CRANBERRY MAYO SWEET POTATO FRIES GREEN BEAN ALMONDINE CANTALOUPE</p>	<p>25</p> <p style="text-align: center;">SOUP STUFFED PEPPERS BAKED POTATO THREE-BEAN SALAD BERRIES w/ YOGURT</p>	<p>26</p> <p style="text-align: center;">SOUP SALMON w/ ORANGE-GINGER GLAZE QUINOA &amp; COUSCOUS ARUGULA &amp; TOMATO SALAD PINEAPPLE</p>	<p>27</p> <p style="text-align: center;">SOUP CHICKEN &amp; BLACK BEAN TACO BOWL BROWN RICE SPINACH SALAD FRESH BERRIES</p>	<p>28</p> <p style="text-align: center;">SOUP HOT DOG ON WHOLE-GRAIN BUN THREE-BEAN SALAD CABBAGE SLAW WATERMELON ICE CREAM SANDWICHES</p>
	<p>Meals meet dietary guidelines of 1/3 DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN</p>			<p>Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.</p>

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

ACTIVITIES ARE SUBJECT TO CHANGE.