



Office for Senior Resources

William Koehler Senior Center

June 2024 — Menu

For more information about our Programs & Services, please call (845) 808-1700 x47100
 Visit our website at putnamcountyny.com/osr

Mahopac...808-1738 Carmel...808-1701 Philipstown...808-1705 Putnam Valley...808-1730

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