



Office for Senior Resources Putnam Valley Friendship Center

June 2024 — Menu

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

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

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
<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 & BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE</p>	<p>5</p> <p style="text-align: center;">ALL SITES CLOSED FOR STAFF TRAINING DAY</p> <p style="text-align: center;">No delivery of Home Delivered Meals</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 & TOMATO SALAD CANTALOUPE LEMON MERINGUE PIE</p>
<p>10</p> <p style="text-align: center;">SOUP PECAN-CRUSTED CHICKEN QUINOA & 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;">ANNUAL SENIOR PICNIC Veterans Memorial Park There will be delivery of HOME DELIVERED MEALS</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 & 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 & TOMATO SALAD FRESH BERRIES BIRTHDAY TREAT</p>	<p>20</p> <p style="text-align: center;">SOUP TUNA MELT SWEET POTATO FRIES ARUGULA & 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 & COUSCOUS ARUGULA & TOMATO SALAD PINEAPPLE</p>	<p>27</p> <p style="text-align: center;">SOUP CHICKEN & 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 style="text-align: center;">Meals meet dietary guidelines of 1/3 DRIs, as certified by Dietitian Elizabeth Margiotta, MS, CDN</p>	<p style="text-align: center;">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.