




# Office for Senior Resources Friendship Center in Philipstown

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

For more information  
about our Programs &  
Services, please call  
(845) 808-1700 x47100

Visit our website at  
[putnamcountyny.com/osr](http://putnamcountyny.com/osr)

May 2024 — Menu

<i>Mon</i>	<i>Tue</i>	<i>Wed</i>	<i>Thu</i>	<i>Fri</i>
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	1 SOUP SALMON w/ DILL SAUCE BROWN RICE BROCCOLI SALAD MIXED VEGETABLES BANANA	2 SOUP LEMON CHICKEN MASHED SWEET POTATO GREEN BEAN ALMONDINE MARBLE-RYE BREAD FRESH BERRIES	3 SOUP BUTTER CRUMB COD w/ TARTAR SAUCE QUINOA & COUSCOUS ARUGULA & TOMATO SALAD APPLE
6 SOUP BEEF & BROCCOLI BROWN RICE MIXED VEGETABLES PINEAPPLE	7 SOUP TURKEY MEATBALLS IN PITA w/ YOGURT DRESSING SUNSHINE CARROT SALAD FRESH BERRIES	8 SOUP SALMON w/ ORANGE-GINGER GLAZE QUINOA & COUSCOUS SPINACH SALAD CLEMENTINE BIRTHDAY TREAT	9 SOUP OPEN-FACED TURKEY SANDWICH SWEET POTATO FRIES CABBAGE SLAW FRESH BERRIES	10 SOUP SPRING VEGGIE FRITTATA ARUGULA & TOMATO SALAD MARBLE-RYE BREAD GRAPES
13 SOUP BAKED POLLOCK w/ CREAMY HERB SAUCE BROWN RICE BROCCOLI SALAD MIXED VEGETABLES FRESH BERRIES	14 SOUP PECAN-CRUSTED CHICKEN GLAZED CARROTS ARUGULA & TOMATO SALAD MARBLE-RYE BREAD APPLE	15 SOUP SALMON w/ TERIYAKI SAUCE BROWN RICE MIXED VEGETABLES SPINACH SALAD FRESH BERRIES	16 SOUP VEGETARIAN STUFFED PEPPERS BAKED SWEET POTATO MARBLE-RYE BREAD BANANA	17 SOUP TUNA NOODLE CASSEROLE ARUGULA & TOMATO SALAD CLEMENTINE BLUEBERRY PIE
20 SOUP BROCCOLI QUICHE SUNSHINE CARROT SALAD MARBLE-RYE BREAD APPLE	21 SOUP TURKEY BURGER ON WHOLE-WHEAT BUN w/ CRANBERRY MAYO BAKED POTATO SPINACH SALAD	22 SOUP SALMON w/ MAPLE-MUSTARD SAUCE QUINOA & COUSCOUS CREAMED SPINACH FRESH BERRIES	23 SOUP CHICKEN MARSALA BROWN RICE ARUGULA & TOMATO SALAD CLEMENTINE FRUITED JELLO	24 SOUP HOT DOG ON WHOLE-GRAIN BUN SWEET POTATO FRIES CABBAGE SLAW FRESH BERRIES
27 ALL SITES ARE CLOSED FOR MEMORIAL DAY HOLIDAY No delivery of Home Delivered Meals  	28 SOUP PASTA PRIMAVERA w/ MARINARA SAUCE THREE-BEAN SALAD FRESH BERRIES CHOCOLATE CREAM PIE	29 SOUP SALMON w/ DILL SAUCE BROWN RICE FINGERLING POTATOES BROCCOLI SALAD CLEMENTINE	30 SOUP ROAST TURKEY w/ STUFFING MASHED SWEET POTATO SPINACH SALAD FRESH BERRIES	31 SOUP BAKED COD w/ LEMON SAUCE QUINOA & COUSCOUS MIXED VEGETABLES ARUGULA & TOMATO SALAD GRAPES

\*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.