



Office for Senior Resources Carmel Friendship Center

April 2024 — Menu

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

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

Mon	Tue	Wed	Thur	Fri
<p>1 SOUP SPRING VEGGIE FRITTATA SCALLOPED POTATOES SUNSHINE CARROT SALAD MARBLE-RYE BREAD CLEMENTINE</p>	<p>2 SOUP OVEN-BAKED CHICKEN w/ HONEY-MUSTARD SAUCE BROWN RICE BAKED SWEET POTATO ARUGULA & TOMATO SALAD FRESH BERRIES</p>	<p>3 SOUP SALMON w/ DILL SAUCE GREEN BEAN ALMONDINE SPINACH SALAD WHOLE-WHEAT ROLL BANANA</p>	<p>4 SOUP TURKEY MEATLOAF w/ CRANBERRY SAUCE MASHED SWEET POTATO MIXED VEGETABLES MARBLE-RYE BREAD FRESH BERRIES</p>	<p>5 SOUP BUTTER CRUMB COD w/ TARTAR SAUCE QUINOA & COUSCOUS BROCCOLI SALAD PINEAPPLE CHOCOLATE CHIP COOKIE</p>
<p>8 SOUP BRAISED BEEF w/MUSHROOMS OVER WHOLE-GRAIN NOODLES GLAZED CARROTS ARUGULA & TOMATO SALAD FRESH BERRIES</p>	<p>9 SOUP TURKEY BURGER ON WHOLE-WHEAT BUN w/ CRANBERRY MAYO SPINACH SALAD APPLE</p>	<p>10 SOUP SALMON w/ PINEAPPLE SALSA BROWN RICE BROCCOLI SALAD CLEMENTINE BIRTHDAY TREAT</p>	<p>11 SOUP ROASTED CHICKEN SANDWICH ON RYE w/ SPINACH, TOMATO, & BASIL MAYO SUNSHINE CARROT SALAD GRAPES</p>	<p>12 SOUP PASTA PRIMAVERA w/ MARINARA SAUCE THREE-BEAN SALAD GARDEN SALAD FRESH BERRIES</p>
<p>15 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS BAKED SWEET POTATO SUGAR SNAP PEAS BANANA</p>	<p>16 SOUP BEEF & BROCCOLI OVER WHOLE-GRAIN NOODLES MIXED VEGETABLES FRESH BERRIES</p>	<p>17 SOUP SALMON w/ BALSAMIC GLAZE BROWN RICE BROCCOLI SALAD CLEMENTINE</p>	<p>18 SOUP ROAST TURKEY w/ CRANBERRY SAUCE MASHED SWEET POTATO SPINACH SALAD WHOLE-WHEAT ROLL GRAPES</p>	<p>19 SOUP SPRING VEGGIE FRITTATA ARUGULA & TOMATO SALAD MARBLE-RYE BREAD FRESH BERRIES LEMON MERINGUE PIE</p>
<p>22 SOUP MAUI ISLAND CHICKEN COCONUT BROWN RICE GINGERED CARROTS PINEAPPLE</p>	<p>23 SOUP TURKEY-STUFFED PEPPERS QUINOA & COUSCOUS ARUGULA & TOMATO SALAD CLEMENTINE FRUITED JELLO</p>	<p>24 SOUP SALMON w/ LEMON SAUCE BAKED SWEET POTATO SPINACH SALAD MARBLE-RYE BREAD FRESH BERRIES</p>	<p>25 SOUP PASTA SALAD w/ DICED MOZZARELLA & CAPRI VEGETABLES GARDEN SALAD APPLE</p>	<p>26 SOUP HOT DOG ON WHOLE-GRAIN BUN SWEET POTATO FRIES BROCCOLI SALAD FRESH BERRIES</p>
<p>29 SOUP BROCCOLI QUICHE SCALLOPED SWEET POTATOES THREE BEAN SALAD MARBLE-RYE BREAD CLEMENTINE</p>	<p>30 SOUP PENNE w/ MARINARA SAUCE TURKEY MEATBALLS SPINACH SALAD YOGURT w/ FRESH BERRIES</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 \$2.50.....\$3.00 HOME DELIVERED MEALS! MENUS ARE SUBJECT TO CHANGE!
NO HOME DELIVERED MEALS WHEN SITES ARE CLOSED!

Meals meet dietary guidelines of 1/3 DRIs as certified by Dietitian, Elizabeth Margiotta, MS, CDN.