



# Office for Senior Resources Carmel Friendship Center

## March 2023— Menu

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

		1 SOUP BUTTER CRUMB COD OR CHEESE PIZZA OVEN FRIES BROCCOLI POLONAISE FRESH ORANGE	2 SOUP CHICKEN SHAWARMA GARLIC PARMESAN ORZO SPINACH PINEAPPLE	3 SOUP VEGGIE FRITTATA HASH BROWN PATTY STEWED TOMATOES CROISSANT MELON
6 BAKED HAM W/ RAISIN SAUCE SWEET POTATO BRUSSEL SPROUTS CLEMENTINE	7 SOUP FRENCH DIP SANDWICH BROCCOLI SALAD APPLE	8 SOUP MARKET FRESH FISH W/ DILL SAUCE OR CHEESE PIZZA OVEN ROASTED POTATOES GREEN BEANS ALMONDINE BIRTHDAY TREAT	9 ROAST TURKEY W/ GRAVY MASHED POTATOES PEAS AND MUSHROOMS GRAPES	10 MANICOTTI W/ TOMATO SAUCE TOSSED SALAD GARLIC BREADSTICK PEAR
13 SOUP OVEN FRIED CHICKEN LORIE'S MACARONI AND CHEESE SUGAR SNAP PEAS BANANA	14 SOUP SWEET AND SOUR PORK BROWN RICE PILAF ASIAN SPINACH MELON	15 Luncheon @ Putnam County Golf Course Site closed Homebound meals will be delivered	16 SOUP SHEPERD'S PIE CUCUMBER AND TOMATO SALAD FRESH ORANGE	17 SOUP POTATO CRUSTED POLLOCK OR CHEESE PIZZA SWEET POTATO TOTS MIXED VEGETABLES VANILLA PUDDING W/ CINNAMON
20 SOUP MEATLOAF W/ MUSHROOM GRAVY CREAMY POLENTA HARVARD BEETS APPLE	21 SOUP HONEY LEMON CHICKEN SCALLOPED POTATOES FRENCH CUT GREEN BEANS BLUEBERRY PIE	22 SOUP SALMON W/ LEMON GLAZE OR CHEESE PIZZA BAKED POTATO W/ SOUR CREAM GARDEN SALAD BANANA	23 SOUP ROAST PORK W/ GRAVY MASHED SWEET POTATOES AND APPLES MIXED VEGETABLES CLEMENTINE	24 SOUP ASPARAGUS FRITTATA OVEN BROWNEED POTATOES SUNSHINE CARROT SALAD MELON
27 SOUP ROAST BEEF W/ GRAVY NOODLES CARROTS COCONUT CUSTARD PIE	28 PASTA W/ ITALIAN SAUSAGE TOMATO SAUCE TOSSED SALAD GARLIC KNOT GRAPES	29 TURKEY W/ GRAVY MASHED POTATOES CAPRI MIXED VEGETABLES PEAR	30 SOUP CHICKEN LOUIE OVEN ROASTED POTATOES ITALIAN STYLE SPINACH PINEAPPLE	31 SOUP OPEN FACED TUNA MELT MACARONI AND BEAN SALAD FRUITED JELLO

SUGGESTED CONTRIBUTION FOR MEALS \$2.50.....\$3.00 HOME DELIVERED MEALS! MENUS ARE SUBJECT TO CHANGE!  
NO HOME DELIVERED MEALS WHEN SITES ARE CLOSED!

\*LISTEN TO RADIO STATION WHUD (100.7 FM) FOR SITE CLOSINGS DELAYED OPENINGS AND PUBLIC ANNOUNCEMENTS! ACTIVITIES ARE SUBJECT TO CHANGE.