



Office for Senior Resources
Putnam Valley Friendship Center
April 2024 — Menu

For more information
 about our Programs &
 Services, please call
 (845) 808-1700 x47100
 Visit our website at
putnamcountyny.com/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>
1 SOUP SPRING VEGGIE FRITTATA SCALLOPED POTATOES SUNSHINE CARROT SALAD MARBLE-RYE BREAD CLEMENTINE	2 SOUP OVEN-BAKED CHICKEN w/ HONEY-MUSTARD SAUCE BROWN RICE BAKED SWEET POTATO ARUGULA & TOMATO SALAD FRESH BERRIES	3 SOUP SALMON w/ DILL SAUCE GREEN BEAN ALMONDINE SPINACH SALAD WHOLE-WHEAT ROLL BANANA	4 SOUP TURKEY MEATLOAF w/ CRANBERRY SAUCE MASHED SWEET POTATO MIXED VEGETABLES MARBLE-RYE BREAD FRESH BERRIES	5 SOUP BUTTER CRUMB COD w/ TARTAR SAUCE QUINOA & COUSCOUS BROCCOLI SALAD PINEAPPLE CHOCOLATE CHIP COOKIE
8 SOUP BRAISED BEEF w/MUSHROOMS OVER WHOLE-GRAIN NOODLES GLAZED CARROTS ARUGULA & TOMATO SALAD FRESH BERRIES	9 SOUP TURKEY BURGER ON WHOLE-WHEAT BUN w/ CRANBERRY MAYO SPINACH SALAD APPLE	10 SOUP SALMON w/ PINEAPPLE SALSA BROWN RICE BROCCOLI SALAD CLEMENTINE BIRTHDAY TREAT	11 SOUP ROASTED CHICKEN SANDWICH ON RYE w/ SPINACH, TOMATO, & BASIL MAYO SUNSHINE CARROT SALAD GRAPES	12 SOUP PASTA PRIMAVERA w/ MARINARA SAUCE THREE-BEAN SALAD GARDEN SALAD FRESH BERRIES
15 SOUP POTATO-CRUSTED POLLOCK QUINOA & COUSCOUS BAKED SWEET POTATO SUGAR SNAP PEAS BANANA	16 SOUP BEEF & BROCCOLI OVER WHOLE-GRAIN NOODLES MIXED VEGETABLES FRESH BERRIES	17 SOUP SALMON w/ BALSAMIC GLAZE BROWN RICE BROCCOLI SALAD CLEMENTINE	18 SOUP ROAST TURKEY w/ CRANBERRY SAUCE MASHED SWEET POTATO SPINACH SALAD WHOLE-WHEAT ROLL GRAPES	19 SOUP SPRING VEGGIE FRITTATA ARUGULA & TOMATO SALAD MARBLE-RYE BREAD FRESH BERRIES LEMON MERINGUE PIE
22 SOUP MAUI ISLAND CHICKEN COCONUT BROWN RICE GINGERED CARROTS PINEAPPLE	23 SOUP TURKEY-STUFFED PEPPERS QUINOA & COUSCOUS ARUGULA & TOMATO SALAD CLEMENTINE FRUITED JELLO	24 SOUP SALMON w/ LEMON SAUCE BAKED SWEET POTATO SPINACH SALAD MARBLE-RYE BREAD FRESH BERRIES	25 SOUP PASTA SALAD w/ DICED MOZZARELLA & CAPRI VEGETABLES GARDEN SALAD APPLE	26 SOUP HOT DOG ON WHOLE-GRAIN BUN SWEET POTATO FRIES BROCCOLI SALAD FRESH BERRIES
29 SOUP BROCCOLI QUICHE SCALLOPED SWEET POTATOES THREE BEAN SALAD MARBLE-RYE BREAD CLEMENTINE	30 SOUP PENNE w/ MARINARA SAUCE TURKEY MEATBALLS SPINACH SALAD YOGURT w/ FRESH BERRIES		Some substitutes are available for main dish upon request. Please ask Site Manager when you arrive at site.	

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.