

Meals prepared by Mazzone Catering
 CSSC, Inc. was established in 1981 as a duly authorized



Lunch Meals are Served at Noon
www.colonieseniors.org

LUNCHEON MENU

& Beltrone Events

June!

Monday	Tuesday	Wednesday	Thursday	Friday
6/3 Pot Roast w/ Veggies Roasted Sweet Potatoes Orange Juice Italian Ice	6/4 Meat Lasagna Italian Veggies Seasonal Berries w/ Pound Cake	6/5 BLT Bow Tie Pasta Salad Cucumber Salad Peaches & Cream	6/6 Chicken Fricasse Sweet Potatoes Brussels Sprouts Raspberry Sorbet	6/7 Veggie Pizza Green Salad Ice Cream w/ Chocolate SPECIAL LUNCH HAPPY HOUR Make a sun catcher
6/10 BBQ Chicken Thighs Potato Salad & Baked Beans Tomato Cucumber Salad Corn Bread Ice Cream w/ Strawberries CHEFS IN MOTION	6/11 Turkey Sandwich w/ Cranberry Mayo Rainbow Pasta Salad Mandarin Oranges Sugar Cookie	6/12 Baked Cod w/ Lemon Herb Sauce Oven Roasted Potatoes Zucchini & Tomatoes Carrot Cake	6/13 Grilled Chicken Sandwich Potato Salad Fresh Melon Rice Pudding	6/14 Eggplant Parmesan Green Salad Tropical Fruit LUNCH & LEARN HAPPY HOUR Be Fit be Fly with Latoya
6/17 Parmesan Crusted Chicken Baked Sweet Potatoes & Apples Asparagus SPECIAL DINNER	6/18 American Goulash Roasted Broccoli & Cauliflower Blueberry Yogurt Whip	6/19 Seafood Salad Macaroni Salad Cabbage & Apple Slaw Pears LUNCH & LEARN	6/20 Chicken Parmesan w/ Sauce & Ziti Green Salad Angel Food Cake With Chocolate	6/21 Curry Chicken Salad Wrap Three Bean Salad Peanut Butter Cookie HAPPY HOUR Ice cream tasting
6/24 Chicken Sausage Sandwich w/ Peppers & Onions Fresh Berry Whip SUMMER FEST	6/25 Macaroni & Cheese Gazed Carrots with Parsley Tropical Fruit Salad	6/26 Chicken Marsala w/ Brown Rice Sautéed Spinach Cranberry Juice Ice Cream w/ Chocolate Sauce	6/27 Shrimp Scampi Over Angel Hair Pasta Asparagus Fruit Cocktail Chocolate Pudding	6/28 Beef & Broccoli Egg Noodles Green Salad & Melon HAPPY HOUR Pictionary
This program is funded in part by the Albany County Dept. for Aging, NYS Office for the Aging, Administration for Community Living, Town of Colonie and participant contributions. This program is an equal opportunity provider.				

Please call 518-459-2857 ext. 303 with reservations by 12 noon of the previous business day.

Special Lunches • Special Dinners • Lunch & Learn At The Beltrone Living Center

Special Lunch



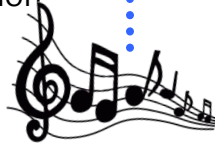
May 7 at Noon

Join us for fun and familiar songs with Peter Yakel, guitar player and vocalist. Lunch will be chicken and bacon macaroni and cheese, roasted

Brussels sprouts, melon and ice cream with caramel.

Reservations required.

Suggested donation of \$6.



Special Dinner

June 17 at 5 p.m.

The very popular Bob Treffiletti will join us for an evening of oldies, sing-alongs and good times. Meatloaf with gravy, roasted potatoes, coleslaw, applesauce and vanilla cake will be served.

Suggested donation of \$6.

Reservations required.



JUNE LUNCH & LEARNS

June 14 at Noon

Gold Star parent and veteran John J. McKenna III will be here for a very special presentation. John is the host of the **military courtesy room**

at Albany International Airport and is devoted to improving the lives of veterans.

Join us as he speaks about the courtesy room, its beginnings, and the current state of affairs. **Lunch will be eggplant**

Parmesan, ziti, green salad and a tropical fruit salad.

Reservations required, suggested donation of \$4.



June 19 at Noon

Come for a talk with Kayla Jones, Outreach and recruitment Specialist from the **Foster Grandparent Program of the Capital Region.**

She will be here to **talk about the program, their mission, and how you might fit in.** Lunch

will be seafood salad on a bed of lettuce, macaroni salad, cabbage and apple slaw and pears.

Suggested donation of \$4. Reservations required.



More June Events

Chefs in Motion—Join us for a Culinary Tasting and Competition to benefit CSSC's Transportation Services.

Monday, June 10, at 5:30 P.M.

\$65 General Admission

\$30 Seniors

\$30 Professionals under 35

Info: 518-459-2857 x 302

Summerfest—It's back!

Monday, June 24 at 4 P.M.

Duck Derby, Donny Elvis,

Pie Contest, Cookout, Car

Show, Hat Contest and More!

Admission is free.

Info: 518-459-2857 x 327



Come together with friends to mingle, relax, socialize, learn and have fun. Happy Hour offers something different every Friday afternoon in the Café at The Beltrone in Colonie and on Thursday at Sheehy Manor in Latham. **This event is free and open to the public.** Coffee and snacks will be served. **Each week will feature a different topic, activity or event, including tastings, fitness, games and more!** Reservations for lunch and Happy Hour are appreciated. Please call Nicole at 518-459-2857 ext. 303.

Everyone is welcome at all locations. Lunch is served at Noon.

Meals are served at The Beltrone Living Center Mon.– Fri.; Bishop Broderick Apartments on Tues., Wed., & Thurs.;

Guilderland Town Hall on Tuesdays; Sheehy Manor on Thursday; King Thiel 2nd & 4th Wednesday

Monday through Friday also available: Tuna Salad Plate (1/2 cup tuna salad, 1/2 cup fruit, green salad and a dinner roll), **Egg Salad Plate** (1/2 cup egg salad, 1/2 cup fruit, green salad and a dinner roll).

CANNOT ORDER Tuna or Egg Salad for Special Lunch and Dinner. Contributions are used to expand our lunch programs.

Suggested Contribution: Special Lunch and Dinner is \$6.00, Lunch & Learn is \$4.00 Guests and under 60, \$8 suggested contribution