




Welcome to

CSSC, Inc. was established in 1981 as a duly authorized 501(c)(3) not-for-profit corporation

# Community Lunch



## September

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|
|  <p>9/2<br/><b>Closed for Labor Day</b></p>                                 | <p>9/3<br/>Turkey Sandwich w/<br/>Cranberry Mayo<br/>Rainbow Pasta Salad<br/>Mandarin Oranges<br/>Sugar Cookie</p>   | <p>9/4<br/>Grilled Chicken<br/>Sandwich<br/>Potato Salad<br/>Fresh Melon<br/>Rice Pudding</p>                            | <p>9/5<br/>Baked Cod<br/>w/ Lemon Herb Sauce<br/>Oven Roasted Potatoes<br/>Zucchini &amp; Tomatoes<br/>Carrot Cake</p>   | <p>9/6<br/>Meatloaf &amp; Gravy<br/>Mashed Potatoes<br/>Butternut Squash<br/>Apple Pie<br/><b>SPECIAL LUNCH</b><br/><b>See Reverse</b></p>                   |
| <p>9/9<br/>Parmesan<br/>Crusted Chicken<br/>Baked Sweet Potatoes<br/>&amp; Apples<br/>Asparagus</p>   | <p>9/10<br/>American<br/>Goulash<br/>Broccoli &amp; Cauliflower<br/>Blueberry Yogurt Whip<br/><b>LUNCH &amp; LEARN</b></p>   | <p>9/11<br/>Chicken Parmesan<br/>w/ Sauce<br/>&amp; Ziti<br/>Green Salad<br/>Angel Food Cake<br/>With Chocolate</p>      | <p>9/12<br/>Seafood Salad<br/>Macaroni Salad<br/>Cabbage &amp; Apple Slaw<br/>Pears</p>  | <p>9/13<br/>Curry Chicken Salad<br/>Wrap<br/>Three Bean Salad<br/>Peanut Butter Cookie</p>   |
| <p>9/16<br/>Chicken Sausage<br/>Sandwich w/<br/>Peppers &amp; Onions<br/>Fresh Berry Whip<br/><b>SPECIAL DINNER</b><br/><b>See Reverse</b></p>              | <p>9/17<br/>Macaroni &amp; Cheese<br/>Gazed Carrots<br/>Tropical Fruit<br/>Salad<br/><b>LUNCH &amp; LEARN</b></p>  | <p>9/18<br/>Chicken Marsala<br/>w/ Brown Rice<br/>Sautéed Spinach<br/>Cranberry Juice<br/>Ice Cream w/<br/>Chocolate</p> | <p>9/19<br/>Shrimp Scampi<br/>Over Angel Hair Pasta<br/>Asparagus<br/>Fruit Cocktail<br/>Chocolate Pudding</p>   | <p>9/20<br/>Beef &amp; Broccoli<br/>Egg Noodles<br/>Green Salad<br/>Melon<br/><b>LUNCH &amp; LEARN</b></p>   |
| <p>9/23<br/>Spinach<br/>Frittata<br/>Chickpea Salad<br/>Carrot Cake</p>  | <p>9/24<br/>Eggplant Parmesan<br/>With Ziti<br/>Sautéed Summer<br/>Squash<br/>Apple Crisp</p>  | <p>9/25<br/>Meatball Sub<br/>Sandwich<br/>Green Salad<br/>Watermelon</p>   | <p>9/26<br/>Seafood<br/>Mac &amp; Cheese<br/>Broccoli<br/>Peaches<br/>&amp; Cream</p>  | <p>9/27<br/><b>Chicken Pesto Bake</b><br/><b>Rice Pilaf</b><br/><b>Green Beans</b><br/><b>Strawberry Shortcake</b><br/><b>“Celebrating Centenarians”</b></p> |
| <p>9/30<br/>Cobb Salad<br/>w/ Egg, Cheese, Chicken<br/>and Bacon<br/>Oatmeal Cookie</p>   | <p>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.<br/>This program is an equal opportunity provider.</p> <p style="text-align: center;"><b>Lunch Meals are Served at Noon <a href="http://www.colonieseniors.org">www.colonieseniors.org</a></b></p> |  |  |  |

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



## Special Dinner

### September 6 at Noon

Join us for an old favorite, Arnold Sieme! Arnie will have you clapping, singing and laughing along as he plays oldies and favorites. Lunch will be meatloaf with mashed potatoes and gravy, roasted butternut squash, cranberry juice and apple pie. Suggested donation of \$3 for lunch and \$3 for entertainment.

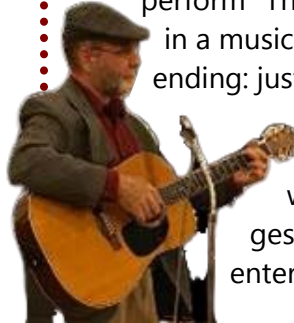
**Reservations required.**



### September 16 at 5 p.m.

Come for a change of pace as we welcome Sandy Schuman, storyteller and musical entertainer! He will perform "The Song of the Century" as he leads us in a musical tale. We'll all try to figure out the ending: just what was the Song of the Century?

Dinner will be meat lasagna, California vegetables and ice cream with caramel and whipped cream. Suggested donation of \$3 for lunch and \$3 for entertainment. **Reservations required.**



## SEPTEMBER LUNCH & LEARNS (all events at noon, reservations required, \$3 suggested)

**September 10 at noon** The breeding season for **barred owls, great-horned owls and screech owls** occurs in mid-winter during some of the coldest months of the year. **Come join us to learn about the habits of these nocturnal birds and listen to their calls.** Lunch will be American Goulash, roasted broccoli and yogurt whip.



**September 17 at noon** – Meet Ziggy, Rosie and Jenna, amazing Airport therapy dogs! **Terry Brown, Albany**



**Airport Ambassador**, will be here with his **therapy dogs** as they show us how they can do math, read and more. Lunch will be macaroni and cheese, peas and carrots and tropical fruit salad.

**September 20 at noon** – John Moustakas, astronomer and professor of astronomy at Siena College will be here for a **brief history of the universe and highlight some of the things we know, and do not know, about the formation and evolution of galaxies** since the dawn of time. Lunch will be beef and broccoli and fresh melon.



## Celebrating Our Centenarians

Join us on September 27 for a ribbon cutting, lunch and panel discussion, followed by live music and wine and cheese.

Call 518-459-2857 x303 for reservations.

Starts  
at  
11:30 a.m.

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: \$3, plus \$3 at Special Lunch and Dinner for entertainment.**

**Guests and under 60, \$11 for lunch.**