

Welcome to Community Lunch

June

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



Monday	Tuesday	Wednesday	Thursday	Friday
Name: _____ Phone: _____		F 6/1 Stuffed Pepper Green Beans Carrot Salad Ice Cream	6/2 Baked Cod w/ Tomatoes Orzo Salad Beet Salad Carrot Cake	Special Lunch 6/3 Meatball Sub Sandwich Garden Salad Watermelon & Basil Cookie
6/6 Parmesan Chicken Baked Potato Broccoli Juice Blondie	6/7 Pulled Pork Sandwich Spinach Strawberry Salad Zucchini Sherbet	6/8 Chicken Tortellini Salad Melon Tomato Basil Salad Mango Sorbet	V 6/9 Vegetable Quiche Asparagus Pudding	F 6/10 Salmon Cakes Oven Potatoes Sautéed Squash Watermelon Cookie
Special Dinner 6/13 Lunch: Chicken Pesto Bake Dinner: Pot Roast LUNCH DINNER <input type="checkbox"/> <input type="checkbox"/>	6/14 Margherita Pizza White Bean Salad Fresh Fruit Cookie	6/15 Chicken Caesar Salad Tater Tots Watermelon Pie	Lunch & Learn 6/16 Shrimp Scampi Caesar Salad Ice Cream	6/17 Minestrone Soup 1/2 Turkey Sandwich Fruit Cup Cookie
6/20 Beef Tips w/ Gravy Sautéed Spinach Carrots Vanilla Cake Summer Fest at 2 pm	N 6/21 Penne Ala Vodka w/ Shrimp Green Salad Ice Cream	6/22 Macaroni & Cheese White Bean Salad Broccoli Strawberries Brownie	Cooking Demo 6/23 Philly Cheesesteak Caesar Salad Watermelon Sherbet	6/24 Honey Mustard Chicken Baked Sweet Potato Cucumber Tomato Salad Cookie
6/27 Chicken Cordon Bleu Sweet Potato Wedges Caesar Salad Fresh Fruit Cookie	6/28 Pot Roast w/ Veggies Mashed Potatoes Fresh Fruit Apple Crisp	6/29 Seafood Mac & Cheese Green Salad Cran Juice Cookie	6/30 Cheddar Broccoli Soup 1/2 Roast Beef Sand Watermelon Brownie	Indicate if you would prefer tuna, egg or yogurt instead of the hot meal.

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

V = VEGETARIAN **F** = FAVORITE **N** = NEW ITEM



Vaccinations are required to participate in our dining events.



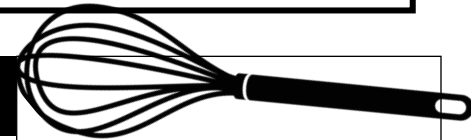
JUNE LUNCH + LEARN (reservations required)

June 16 at noon: Ginger McGehee from the Alzheimer's Association of Northeastern New York will be at The Beltrone to present an educational program about Alzheimer's Disease, including warning signs, understanding Alzheimer's and the latest research. **Lunch will be Shrimp Scampi over Angel Hair, Caesar Salad, juice and ice cream.**

alzheimer's  association®

JUNE SPECIAL LUNCH 6/3 at NOON

Pianist Michael Clement will accompany Eileen Mack with a musical nod to the seasons as springs slips into summer. The duo will perform a fun program of Broadway and jazz standards. **Lunch will be a meatball sub, green salad, watermelon and basil salad and a cookie.**



COOKING DEMO

With Chef Brayden

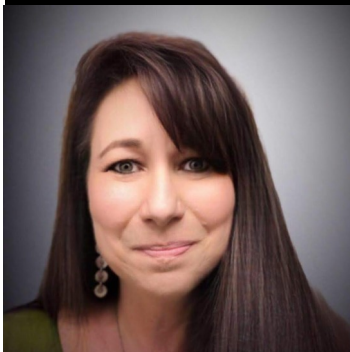
Come see and taste! Chef Brayden will prepare grilled pineapple with shrimp and talk about summer grilling, how to do it best and other insider cooking tips.

Thursday, June 23 at Noon.
Reservations required.



JUNE SPECIAL DINNER 6/13 at 5 p.m.

Laura Collins will entertain with her sunny voice, acoustic guitar and sing-a-long favorites. **Dinner will be pot roast with carrots and baked potato, spinach and mandarin salad and chocolate cake.**



CALL FOR RESERVATIONS: 5 1 8 - 4 5 9 - 2 8 5 7 X 3 0 3

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.



Also available for lunch: Tuna Salad Plate (tuna salad, fruit, green salad and a dinner roll), Egg Salad Plate (egg salad, fruit, green salad and a dinner roll) or Yogurt Parfait (vanilla yogurt, granola, nuts and berries) **CANNOT ORDER Cold plates for dinner or special lunch.** Contributions are used to expand our lunch programs.

Suggested Contribution: \$3, plus \$3 for entertainment.
Guests and under 60, \$11 for lunch.