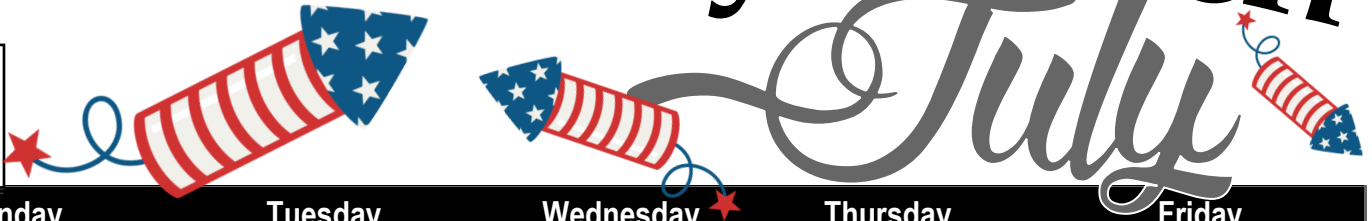



Welcome to

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

Community Lunch



Monday	Tuesday	Wednesday	Thursday	Friday		
Name: _____ Phone: _____			<div style="border: 1px solid black; padding: 5px;"> Indicate if you would prefer tuna, egg or yogurt instead of the hot meal. </div>	Special Lunch 7/1 Chinese Chicken Salad Juice Sherbet		
 CLOSED 4th of July				7/5 Grilled Chicken w/ Pineapple Salsa Brown Rice Asparagus Berries & Cream	7/6 Stuffed Pepper Sauteed Green Beans Carrot Raisin Salad Ice Cream	7/7 Mediterranean Baked Cod w/ Tomatoes, Onion Orzo Salad Beet Carrot Salad Carrot Cake
7/11 Parmesan Crusted Chicken Broccoli Baked Potato Blondie	F 7/12 Pulled Pork Sandwich Spinach Strawberry Salad Sherbet	7/13 Chicken Tortellini Salad over Greens Fresh Melon Tomato & Basil Salad Mango Sorbet	7/14 Tomato, Zucchini, Cheese & Herb Quiche Asparagus Fruit Juice Pudding	Lunch & Learn 7/15 Salmon Cakes Oven Roasted Potatoes Sauteed Summer Squash Watermelon Cookie		
Special Dinner 7/18 Lunch: Chicken Pesto Bake Dinner: BBQ Chicken Breast LUNCH <input type="checkbox"/> DINNER <input type="checkbox"/>	7/19 Pepperoni Pizza White Bean Salad Fresh Fruit Cookie	7/20 Chicken Caesar Salad Tater Tots Watermelon Fruit Pie	Cooking Demo 7/21 Shrimp Scampi over Angel Hair w/ Peas Caesar Salad Fruit Juice Ice Cream	7/22 Summer Minestrone Turkey Sandwich on Whole Wheat Fruit Cup Cookie		
7/25 Beef Tips w/ Gravy Egg Noodles over Sauteed Spinach Sauteed Carrots Grapes Vanilla Cake	N 7/26 Penne Ala Vodka w/ Shrimp Sauteed Peppers Green Salad Ice Cream	V 7/27 Macaroni & Cheese White Bean Salad Broccoli Berries Brownie	7/28 Philly Cheesesteak Caesar Salad 1/2 Cup Watermelon Sherbet	7/29 Honey Mustard Chicken Baked Sweet Potato Cucumber Tomato Salad Cookie		

Please call 518-459-2857 ext. 339 with reservations by noon of the previous business day

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

Vaccinations are required to participate in our dining events.

JULY LUNCH + LEARN (reservations required)



July 15 at noon: Come learn about International Center of the Capital Region. This not-for-profit organization has been welcoming and assisting international newcomers throughout New York's Capital Region since 1956. Hear about their good work and how you can be involved. **Lunch will be salmon cakes, roasted potatoes, squash and a cookies.**



JULY SPECIAL LUNCH 7/1 at NOON



Come celebrate America with sing-a-long songs that span the U.S. of A. ! Tony and Alex play guitar and keyboards and sing popular, fun songs you know and love. **Lunch will be a Chinese Chicken Salad and Sherbet for dessert.**

COOKING DEMO

With Chef Brayden
Come see and taste!

Summer is the time for salads, and Chef likes to be creative. Brayden will create a stone fruit and vegetable salad.



Thursday, July 21 at Noon.
Reservations required.

JULY SPECIAL DINNER 7/18 at 5 p.m.



Love and Jazz and blues? So do we! Come for a night of swingin' jazz and soulful blues with the Roben and Kosek Jazz and Blues Band. They play from the American song-book, jazz standards, blues and Latin selections. **Dinner will be BBQ Chicken Breast, Baked Beans, Potato Salad, Fresh Fruit. Corn Bread and Strawberry Shortcake.**

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.**