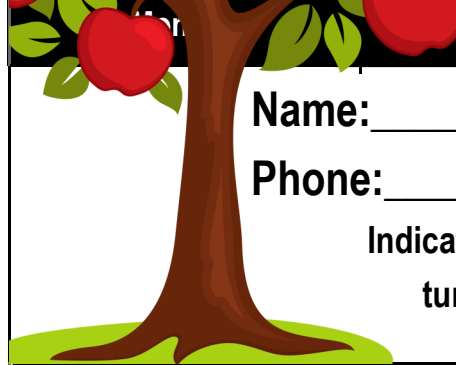



Welcome to

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

Community Lunch

September

		Tuesday	Wednesday	Thursday	Friday
 <p>Name: _____</p> <p>Phone: _____</p> <p>Indicate if you would prefer tuna, egg or yogurt.</p>				V 9/1 Fall Vegetable & Cheese Quiche Roasted Potatoes Green Beans Pudding	9/2 Chicken Cacciatore w/ Rice Pilaf Carrot Raisin Salad Spinach Blondie
CLOSED 	9/6 Chicken Pesto Sandwich with Garlic Aioli Corn Salad Fruit Cup Cookie	9/7 Butternut Squash Soup Turkey Sandwich Fruit Cup Fruit Pie	9/8 Goulash Green Beans Grapes French Bread Apple Crisp	V Special Lunch 9/9 Veggie Pizza Kale & Chickpea Salad Apple Sauce Cookie	
9/12 Meatloaf with Gravy Mashed Potatoes Carrots Spinach Vanilla Cake	Lunch and Learn 9/13 Sausage Stuffed Acorn Squash Ice Cream	9/14 Mac & Cheese w/ Butternut Squash Broccoli Spinach Salad Brownie	9/15 Shepard's Pie Green Goddess Salad Fruit Juice Sherbet	9/16 Bacon, Shrimp & Corn Chowder 1/2 Turkey Sandwich Fresh Fruit Cookie	
9/19 Pumpkin Alfredo & Turkey Sausage Spinach Apple Sauce Ice Cream	9/20 Seafood Mac & Cheese w/ Broccoli Green Salad Grapes Cookie	9/21 Scalloped Potatoes, Baked Ham & Peas Fresh Fruit Cranberry Juice Cookie	9/22 Minestrone Soup 1/2 Roast Beef Sandwich Fruit Cup Brownie	9/23 Chicken Parmesan with Ziti Green Beans Fruit Yogurt Whip	
Special Dinner LUNCH: Chicken Barley Stew DINNER: Chicken Parmesan LUNCH DINNER	9/27 Stuffed Pepper Green beans Carrot Raisin Salad Ice Cream	9/28 Chicken Marsala Rice Pilaf Green Salad Pumpkin Pudding	9/29 Mediterranean Baked Cod w/ Tomatoes & Onions Orzo Salad Beet Carrot Salad Carrot Cake	9/30 Meatball Sub Sandwich Green Salad Fruit Salad Cookie	

Please call 518-459-2857 ext. 339 with reservations by 12 noon of the previous business day

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

SEPTEMBER LUNCH + LEARN (reservations required)



September 13 at Noon: Come for a talk about all things dairy with Dr. Rhiannon Claus. There is much confusion about the health benefits of dairy and whether or not it is good for you or bad for you. In this presentation, we will discuss how your body processes dairy products as well as the nutritional composition of dairy, dairy alternatives, and inflammatory effects of dairy.

Lunch will be Sausage-Stuffed Squash, Broccoli, Pears and Ice Cream.
Suggested contribution of \$3.

RESERVATIONS REQUIRED FOR ALL LUNCH EVENTS

SEPTEMBER SPECIAL LUNCH 9/9 at NOON



Brian Zapel will be here, playing rock 'n roll and plenty of favorites. Veggie Pizza, Kale & Chickpea Salad, Apple Sauce and a Cookie will be served.

Suggested contribution of \$3 for lunch and \$3 for entertainment.



SEPTEMBER SPECIAL DINNER 9/26 at 5 p.m.

Join us for a fun night with Rick Bedrosian: guitar player, vocalist and crowd-pleaser! Dinner will be Chicken Parmesan, Ziti with Sauce, Green Beans, Caesar Salad and an Ice Cream Sundae.

Suggested contribution of \$3 for lunch and \$3 for entertainment.



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

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.

