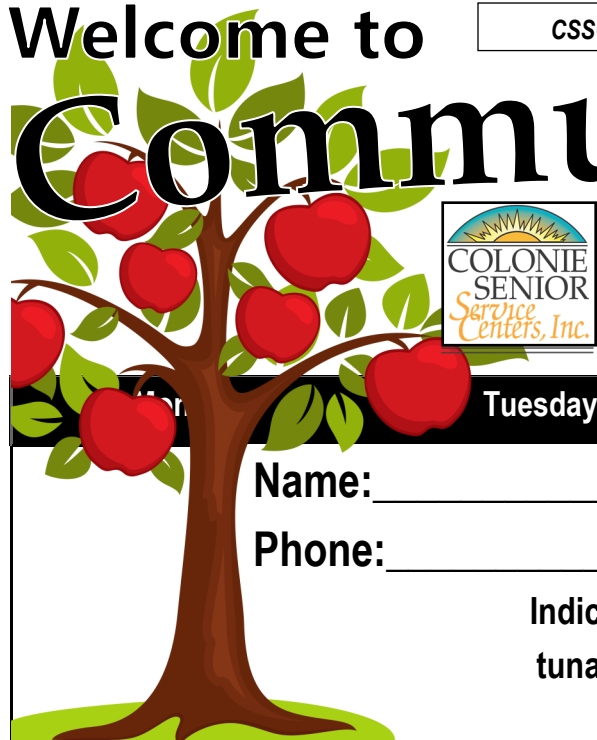


Welcome to

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



Community Lunch September

Tuesday

Wednesday

Thursday

Friday

Name: _____

Phone: _____

Indicate if you would prefer
tuna, egg or yogurt clearly

9/1
Chicken Cacciatore
Rice Pilaf
Sauteed Spinach
Carrot Raisin Salad
Fruit Cup
Sherbet

Special Lunch

9/8 **N**
Butternut Squash Soup
1/2 Turkey Sandwich
Fruit Cup
Apple Pie

CLOSED 9/4



9/5
Garlic, Ricotta & Broccoli Pizza
Side Marinara Sauce
Cabbage & Apple Slaw
Fruit Pie

9/6
Chicken Piccata
Broccoli
Green Salad
Applesauce
Sherbet

9/7
Salmon Cakes
Roasted Potatoes
Sauteed Zucchini
Fruit Cup
Brownie

9/11 **N**
LUNCH:
Cider Braised Pork
DINNER:
Chicken Parmesan
LUNCH DINNER

9/12
Sausage Stuffed Acorn Squash
Broccoli
Juice
Apple Pie

9/13
Beef & Broccoli
Brown Rice
Green Salad
Fruit Cup
Blondie

9/14
Chicken Barley Stew
Caesar Salad
Fruit Cup
Ice Cream

9/15
Mediterranean Baked Cod w/Tomato & Onions
Mediterranean Kale & Chickpea Salad
Fruit Juice
Cookie

9/18
Beef Tips with Gravy over Egg Noodles
Sauteed Carrots
Green Salad
Fruit Juice
Ice Cream

9/19
Goulash
Green Beans
Cheesy Garlic Bread
Fruit Cup
Blondie

9/20
Bacon, Shrimp & Corn Chowder
1/2 Turkey Sandwich
Fresh Fruit
Fruit Pie

Lunch & Learn
9/21 **V**
Butternut Squash Macaroni & Cheese
Broccoli
Fruit Cup
Cookie

9/22
Oregano Lemon Chicken
Roasted Potatoes
Stewed Tomatoes
Green Salad
Fruit Juice
Brownie

9/25 **F**
Chicken Parmesan Ziti with Marinara
Green Beans
Fruit Cup
Brownie

9/26
Meatloaf w/Gravy
Mashed Potatoes
Sauteed Carrots
Green Salad
Fruit Juice
Ice Cream

9/27 **V**
Stuffed Shells
Three Bean Salad
Cheesy Garlic Bread
Fruit Cup
Cookie

9/28 **V**
Fall Veggie & Cheese Quiche
O'Brien Potatoes
Green Salad
Fruit Juice
Blondie

9/29
Chicken Broccoli Alfredo
Caesar Salad
Fruit Juice
Sherbet

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

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

LUNCH + LEARN, Thursday September 21st at Noon



Thursday, September 21st at Noon: Come enjoy a nutritious lunch with the community and hear from Mary Phillips, Regional Outreach Coordinator from Nascentia Health. Mary will be discussing quality long-term care to keep you in the home you love. *Lunch served will be Butternut Squash Macaroni & Cheese, broccoli, fruit cup and a cookie.*

Reservations are required by Wednesday September 20th at Noon.

Suggested Contribution of \$3.

Special Lunch, Friday September 8th at Noon



Friday, September 8th at Noon: Brian Zapel will be here, playing rock 'n roll and plenty of favorites. *Lunch served will be a Butternut Squash Soup and half Turkey Sandwich, fruit cup and Apple Pie.*

Reservations are required by Thursday Sept 7th at Noon

Suggested contribution of \$3 for lunch and

\$3 for entertainment.



Special Dinner, Monday September 11th at 5:00PM

Join us for a fun night with "Standard Time Duo" who will be playing some patriotic songs, along with pop standard tunes from all different eras! *Dinner served will be Chicken Parmesan, Ziti with Marinara, Green Beans, Fruit Cup and a Chocolate Cake.*

Reservations are due FRIDAY September 8th at Noon



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, fruit) **CANNOT ORDER Cold plates for dinner**

Contributions are used to expand our lunch programs.



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

