

Welcome to

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

Community Lunch

February



Monday	Tuesday	Wednesday	Thursday	Friday
NAME(s): PHONE: Indicate if you prefer Tuna, Egg or Yogurt instead of the hot clearly, each day			2/1 N Chicken Caesar Salad Grapes Juice Brownie	2/2 V Seafood Mac & Cheese Broccoli Green Salad Applesauce Cookie
2/5 N Apricot Beef Brisket Oven Roasted Potatoes Strawberry Spinach Salad Juice Blondie	2/6 N Chicken ala King Green Beans Green Salad Fruit Cup Pudding	2/7 F Bacon, Shrimp & Corn Chowder 1/2 Turkey Sand Grapes Juice Cookie	2/8 Chicken Cacciatore Rice Pilaf Sauteed Spinach Strawb. Spin Salad Fruit Cup Ice Cream	Special Lunch 2/9 V Grilled Cheese & Tomato Soup Chickpea Salad Juice Sherbet
Lunch & Learn 2/12 Meatball Sub Caesar Salad Juice Mango Sorbet	2/13 Chicken Pesto Lasagna Broccoli Spin. Straw Salad Fruit Cup Cookie	2/14 N Irish Beef Stew Green Salad Fruit Juice Brownie	2/15 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Green Salad Ice Cream	2/16 V Eggplant Parmesan Ziti w/Marinara Carrot Raisin Salad Fruit Cup Blondie
2/19 LUNCH Garlic, Ricotta Broccoli Pizza w/side Marinara Special Dinner "Cabin Fever Cookout" LUNCH See back DINNER	2/20 F Meatloaf w/Gravy Mashed Potatoes Sauteed Carrots Caesar Salad Applesauce Blondie	2/21 F Chicken Parm Ziti w/Marinara Green Beans Grapes Fruit Pie	2/22 Cream of Broccoli Soup 1/2 Turkey Sand. Fruit Cup Pudding	2/23 V Shrimp Scampi over Angel Hair w/Peas Strawberry Spin. Salad Fruit Cup Cookie
N 2/26 V Macaroni & Cheese Chickpea Salad Green Beans Fruit Cup Cookie	F 2/27 V Salmon Cakes Roasted Potatoes Sauteed Zucchini Green Salad Mango Sorbet	2/28 Chicken Broccoli Alfredo Caesar Salad Applesauce Brownie	"Timeless Tappers" Dance Performance 2/29 Shepherds Pie Carrot Beet Salad Juice Pudding	 COLONIE SENIOR Service Centers, Inc.

Please Call 518-459-2857 Extension 303 by 12PM the Business Day Before to Place a RSVP /Egg Salad, Tuna Salad or Fruit & Yogurt Plate is available for any lunch by RSVP only - Not available for Dinners V = VEGETARIAN F = FAVORITE N = NEW ITEM



LUNCH + LEARN Monday Feb 12th @Noon

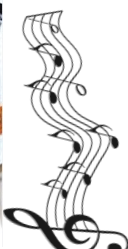


Monday, February 12th at Noon: Come hear another presentation from a crowd favorite presenter, Dr. Rhiannon Clauss, Dc from Capital District Family Chiropractic. Topic will be centered on the Brain & Body connection. Lunch served will be a Meatball Sub, Caesar Salad, Juice & Mango Sorbet.



Suggested Donation of \$3.00. Reservations & Registration Required

February Special Lunch - Friday, February 9th at Noon



Come enjoy rock n'roll and oldies favorites tunes by Brain Zapel and a delicious lunch of Grilled Cheese & Tomato Soup, a Chickpea Salad & Sherbet for dessert. Please ensure you place a reservation!

Suggested Donation \$3 for lunch and \$3 for entertainment.

Reservations & Registration are required.

February Special Dinner - February 19th at 5:00 p.m.

Come enjoy classical piano pieces from composer Cole Broderick, and a delicious "Cabin Fever Cookout" with your community. Enjoy a Cheeseburger with lettuce and tomato, Baked Beans, Corn Salad, Fruit and Strawberry Shortcake. ***Please ensure you place a reservation for all lunch and dinner events.***



Suggested Donation of \$3 for dinner and \$3 for entertainment.

Reservations & Registration are Required



CALL FOR RESERVATIONS, DUE BUSINESS DAY BEFORE: 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 Contributions are used to expand our lunch programs.

Suggested Contribution: \$3, plus \$3 for entertainment at Spec L & Dinner. Guests and under 60, \$11 for lunch and dinner.

