

Welcome to

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

Community Lunch

March



Monday **Tuesday** **Wednesday** **Thursday** **Friday**

	<p>Name(s): _____</p> <p>Phone#: _____</p> <p><i>Please Indicate Tuna, Egg or Yogurt Clearly Each Day You Wish</i></p>			<p>3/1 F</p> <p>Oven Fried Fish Sandwich Tater Tots Sauteed Zucchini Broccoli Slaw Ice Cream</p>
<p>3/4</p> <p>Swedish Meatballs over Egg Noodles Caeser Salad Green Beans Applesauce Fruit Pie</p>	<p>Lunch & Learn</p> <p>3/5</p> <p>Garlic Herb Baked Cod Mashed Sweet Potato Sauteed Zucchini Carrot Beet Salad Cookie</p>	<p>3/6</p> <p>Chicken Noodle Soup & 1/2 Turkey Sandwich Green Salad Fruit Cup Sherbet</p>	<p>3/7 F</p> <p>Cornflake Chicken Tater Tots Honey Dijon Carrots Broccoli Slaw Juice Ice Cream</p>	<p>Special Lunch V</p> <p>3/8</p> <p>Baked Ziti Cheesy Garlic Bread Tomato Basil Salad Juice Cookie</p>
<p>Lunch & Learn</p> <p>3/11</p> <p>Chili con Carne Grapes Applesauce Mango Sorbet</p>	<p>3/12</p> <p>Chicken Piccata Rice Pilaf Broccoli Carrot Beet Salad Juice Ice Cream</p>	<p>3/13 F</p> <p>Stuffed Pepper Green Salad Fruit Cup Pudding</p>	<p>3/14</p> <p>Chicken Caesar Salad Grapes Juice Brownie</p>	<p>3/15</p> <p>Seafood Mac & Cheese Broccoli Green Salad Applesauce Cookie</p>
<p>3/18 Lunch Apricot Beef Brisket</p> <p>3/18 Special Dinner</p> <p>Corned Beef & Cabbage</p> <p>LUNCH DINNER</p>	<p>3/19</p> <p>Chicken ala King Green Beans Fruit Cup Green Salad Pudding</p>	<p>3/20</p> <p>Bacon, Shrimp & Corn Chowder + 1/2 Turkey Sandwich Grapes Juice Cookie</p>	<p>3/21</p> <p>Chicken Cacciatore Rice Pilaf Sauteed Spinach Fruit Cup Strawberry Spinach Salad Ice Cream</p>	<p>3/22 V</p> <p>Grilled Cheese & Tomato Soup Chickpea Salad Fruit Juice Sherbet</p>
<p>3/25</p> <p>Meatball Sub Caeser Salad Juice Mango Sorbet</p>	<p>Lunch & Learn</p> <p>3/26</p> <p>Chicken Pesto Lasagna Strawberry Spinach Salad Broccoli Cookie</p>	<p>3/27</p> <p>Irish Beef Stew Green Salad Juice Brownie</p>	<p>3/28 F</p> <p>Oregano Lemon Chicken Stewed Tomatoes Oven Rst Potatoes Green Salad Ice Cream</p>	<p>3/29 V</p> <p>Eggplant Parmesan w/Ziti Carrot Raisin Salad Fruit Cup Blondie</p>

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

V = VEGETARIAN **F** = FAVORITE **N** = NEW ITEM *Meal Alternatives Not Available for Special Dinner*

LUNCH + LEARN— Tuesday, March 5th 12:00 Noon



Come hear a presentation entitled “Irish in the Capital Region” by local author, Albany County Historian and former Assembly Member Jack McEneny. Lunch served will be a Garlic Herb Baked Cod. **Suggested donation of \$3. Please place a RSVP by Monday March 4th at 12pm.**
518—459—2857 ext. 303

LUNCH + LEARN— Monday. March 11th at 12:00 Noon



Come hear a presentation by Siena College Students. They will be discussing AARP Fraud Prevention tips. **RSVPS due Friday March 8th by 12:00PM. Suggested Donation \$3.**

LUNCH + LEARN— Tuesday, March 26th at 12:00 Noon



Come see the Albany Area Senior Orchestra perform and discuss their organization! Lunch served will be Chicken Pesto Lasagna. **Suggested donation of \$3 for lunch and \$3 for entertainment. RSVPS due Monday March 25th by Noon**

Special Lunch Friday, March 8th at 12:00 Noon



Come hear “Irish Don” Kelly and enjoy a Baked Ziti lunch. **Suggested donation \$3 for lunch and \$3 for entertainment.**
Please place a RSVP by Thursday the 7th at Noon. 518-459-2857 ext. 303

Special Dinner Monday, March 18th at 5:00pm



Come enjoy Laura Melanie Collins’s performance on the piano and “Singing with Seniors”. Dinner will be Corned Beef & Cabbage, Carrots, Potatoes, Applesauce & Chocolate Cake. **Suggested donation of \$3 for dinner and \$3 for entertainment**

RSVPS due Friday March 15th by 12pm
518—459—2857 ext 303

CALL FOR RESERVATIONS THE 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 (Must Order Day Before): Tuna Salad Plate (tuna salad over green salad), Egg Salad Plate (egg salad over green salad) or Yogurt & Fruit Plate (yogurt, granola, nuts and mixed 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 are \$11 for lunch and dinner.