

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
<p>4/1 <b>V</b></p> <p><b>Garlic Ricotta Broccoli Pizza w/Side Marinara</b> Chickpea Salad Ice Cream</p> <p><input type="checkbox"/></p>	<p>4/2</p> <p><b>Meatloaf w/Gravy</b> Mashed Potatoes Carrots Caesar Salad Applesauce Blondie</p> <p><input type="checkbox"/></p>	<p>4/3</p> <p><b>Chicken Parmesan Ziti w/Marinara</b> Green Beans Grapes Fruit Pie</p> <p><input type="checkbox"/></p>	<p>4/4</p> <p><b>Cream of Broccoli Soup &amp; 1/2 Turkey Sandwich</b> Fruit Cup Pudding</p> <p><input type="checkbox"/></p>	<p><b>Special Lunch</b> 4/5 <b>Shrimp Scampi over Angel Hair w/Peas</b> Strawberry Spinach Salad Fruit Cup Cookie</p> <p><input type="checkbox"/></p>
<p><b>Jazz Concert</b> 4/8 <b>V</b></p> <p><b>Macaroni &amp; Cheese</b> Chickpea Salad Green Beans Fruit Cup Cookie</p> <p><input type="checkbox"/></p>	<p>4/9</p> <p><b>Salmon Cakes</b> Oven Roasted Potatoes Zucchini Green Salad Mango Sorbet</p> <p><input type="checkbox"/></p>	<p>4/10</p> <p><b>Chicken Broccoli Alfredo</b> Caesar Salad Applesauce Brownie</p> <p><input type="checkbox"/></p>	<p>4/11</p> <p><b>Shepherds Pie</b> Carrot Beet Salad Fruit Juice Pudding</p> <p><input type="checkbox"/></p>	<p><b>Lunch &amp; Learn</b> 4/12 <b>Oven Fried Fish Sandwich</b> Tater Tots Zucchini Broccoli Slaw Ice Cream</p> <p><input type="checkbox"/></p>
<p>4/15 <b>Swedish Meatballs</b></p> <p><b>4/15 Special Dinner</b> <b>Meatloaf (see back)</b></p> <p>LUNCH <input type="checkbox"/> DINNER <input type="checkbox"/></p>	<p>4/16</p> <p><b>Garlic Herb Baked Cod</b> Sweet Potato Mash Zucchini Carrot Beet Salad Cookie</p> <p><input type="checkbox"/></p>	<p>4/17</p> <p><b>Chicken Noodle Soup &amp; 1/2 Turkey Sandwich</b> Green Salad Juice Sherbet</p> <p><input type="checkbox"/></p>	<p>4/18</p> <p><b>Cornflake Chicken</b> Tater Tots Honey Dijon Carrots Broccoli Slaw Juice Ice Cream</p> <p><input type="checkbox"/></p>	<p>4/19 <b>V</b></p> <p><b>Baked Ziti</b> Tomato Basil Salad Cheesy Garlic Bread Fruit Juice Cookie</p> <p><input type="checkbox"/></p>
<p>4/22</p> <p><b>Chili con Carne</b> Grapes Applesauce Mango Sorbet</p> <p><input type="checkbox"/></p>	<p>4/23</p> <p><b>Chicken Piccata</b> Rice Pilaf Broccoli Carrot Beet Salad Ice Cream</p> <p><input type="checkbox"/></p>	<p>4/24</p> <p><b>Stuffed Pepper</b> Green Salad Fruit Cup Pudding</p> <p><input type="checkbox"/></p>	<p>4/25</p> <p><b>Chicken Caesar Salad</b> Grapes Fruit Juice Brownie</p> <p><input type="checkbox"/></p>	<p>4/26</p> <p><b>Seafood Macaroni &amp; Cheese</b> Broccoli Green Salad Applesauce Cookie</p> <p><input type="checkbox"/></p>
<p>4/29</p> <p><b>Apricot Beef Brisket</b> Oven Roasted Potatoes Strawberry Spinach Salad Fruit Juice Blondie</p> <p><input type="checkbox"/></p>	<p>4/30</p> <p><b>Chicken ala King</b> Green Beans Green Salad Fruit Cup Pudding</p> <p><input type="checkbox"/></p>	<p>Name(s): _____</p> <p>Phone #: _____</p> <p><i>Please Indicate Tuna, Egg or Yogurt Clearly Each Day You Wish</i></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 Dinner\*

## LUNCH + LEARN— Friday, April 12th at 12:00 Noon



**Friday, April 12th at Noon:** Come hear from K9 handler Sgt. Michael Clough and his K9 partner Eddie from Colonie PD. Sgt Clough will discuss how Eddie was trained and show some of his police dog skills. Lunch served will be an Oven Fried Fish Sandwich.

***Suggested contribution of \$3. Reservations Required by Noon on Thursday April 11th. Call 518—459—2857 ext 303***

## Special Lunch Friday, April 5th at Noon

Come hear the tunes of “Red King Duo” (guitarists & vocalists) Bob Redmon & David King  
Lunch served Shrimp Scampi.

***Suggested contribution of \$3 for lunch and \$3 for entertainment. RSVPS due Thursday April 4th by Noon. Call 518—459—2857 ext 303***



## Extra Music Event Monday, April 8th at Noon

Come hear a special performance by "Peter Van Keuren Quartet" funded by the Music Performance Trust Fund and arranged by the Albany Musicians Association Local 14. Lunch served Mac & Cheese. ***Suggested contribution \$3.***

***Reservations Required by Friday, April 5th at Noon. Call 518—459—2857 ext 303***

## Special Dinner Monday, April 15th at 5:00PM (doors 4:30)



Come hear “Lucia & Levi” and enjoy a Meatloaf Dinner with your community. Lucia & Levi will be playing jazz standards, blues, & reggae.

***Reservations Required by Friday, April 12th at Noon.***

***Suggested Contribution \$3 for dinner and \$3 for music.***

***Call 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: Tuna Salad Plate (tuna salad over green salad) ,Egg Salad Plate**

(egg salad over green salad) or Yogurt Plate ( 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.***

***Guests and under 60, \$11 for lunch and dinner.***