

Welcome to




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



August



Call 518-459-2857 ext 303 to RSVP and CANCEL by 12 PM Business Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
Name(s): _____ Phone#: _____		  	8/1 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Green Salad Ice Cream	8/2 F Apricot Beef Brisket Mashed Potatoes Spinach Strawberry Salad Juice Blondie
8/5 V Veggie Pizza Side Sauce Coleslaw Grapes Mango Sorbet	8/6 Shrimp Scampi over Angel Hair w/Peas Spinach Mandarin Salad Juice Brownie	8/7 Meatball Sub Carrot Raisin Salad Fruit Cup Carrot Cake	8/8 F Cornflake Chicken Tater Tots Honey Dijon Carrots Broccoli Slaw Berries & Cream	Special Lunch 8/9 Baked Ham w/Peas Scalloped Potatoes Green Salad Grapes Ice Cream
8/12 Chicken Caesar Salad Grapes Juice Brownie	8/13 F Meatloaf Mashed Potatoes Honey Dijon Carrots Applesauce Green Salad Cookie	8/14 Salmon Cakes Roasted Potatoes Zucchini Spinach Strawberry Salad Sherbet	8/15 Stuffed Pepper Carrot Raisin Salad Applesauce Berries & Cream	8/16 Grilled Chicken with Pineapple Salsa Brown Rice Asparagus Grapes Mango Sorbet
8/19 Lunch Pulled Pork Sandwich 8/19 Special Dinner Meatloaf w/Gravy Mashed Potatoes Carrots Strawberry Shortcake	8/20 Chicken Pesto Lasagna Broccoli Grapes Sherbet	8/21 V Eggplant Parm Ziti w/Marinara Caesar Salad Fruit Cup Blondie	8/22 Seafood Mac & Cheese Carrot Raisin Salad Broccoli Applesauce Carrot Cake	8/23 Chicken Piccata Asparagus Green Salad Fruit Cup Cookie
8/26 Chicken Broccoli Alfredo Carrot Raisin Salad Brownie	8/27 Swedish Meatballs Over Egg Noodles Green Beans Caesar Salad Berries & Cream	8/28 Chicken Cacciatore Sautéed Spinach Roasted Potatoes Spinach Strawberry Salad Cookie	8/29 Cream of Potato Soup 1/2 Turkey Sand. w/ lettuce & tomato Grapes Green Salad Mango Sorbet	8/30 Honey Mustard Chicken Roasted Potatoes Carrots Green Salad Applesauce Ice Cream

Please call 518-459-2857 ext. 303 with RSVPs and CANCELLATIONS by 12pm business day before

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



Special Lunch Friday, August 9th at 12:00PM



Come hear returning favorite singer and songwriter, Carmen Lookshire! She performs various styles of music including jazz standards, showtunes, soul, opera, country, rock, and pop. Carmen is known for her pure vocals and unforgettable stage presence. Lunch served is Baked Ham. **RSVPS due Thursday the 8th by 12PM. Suggested contribution of \$3 for lunch and \$3 for entertainment.**

Reservations are due Thursday, August 8th by 12:00PM

Special Dinner Monday, August 19th at 5:00PM *No Walkins*

Come enjoy a show by Donny Elvis and a Meatloaf dinner with your community. Meatloaf will be accompanied by mashed potatoes, carrots & strawberry shortcake for dessert. There will be *****NO WALKINS PERMITTED at this event. RSVPS are due Friday, August 16th BY 12:00PM.*****

Suggested contribution of \$3 for lunch and \$3 for entertainment. Reservations are due Friday, August 16th by 12:00PM



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, and mixed fruit) ***CANNOT ORDER Cold plates for special 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.