

Welcome to

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



# Community Lunch

# September



Call 518-459-2857 ext  
303 to RSVP & Cancel  
by 12pm Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Closed 9/2</b></p> <p><b>HAPPY LABOR DAY</b></p>	<p>9/3</p> <p><b>Beef Tips w/Gravy over Egg Noodles</b> Broccoli 3 Bean Salad Vanilla Cake</p>	<p>9/4 <b>V</b></p> <p><b>Mushroom, Spinach &amp; Cheese Quiche</b> O'Brien Potatoes Green Salad Applesauce Cookie</p>	<p>9/5</p> <p><b>Goulash</b> Garlic Bread Caesar Salad Fruit Cup Apple Pie</p>	<p><b>Special Lunch</b></p> <p>9/6</p> <p><b>Chicken Marsala</b> Rice Pilaf Carrot Raisin Salad Fruit Cup Pudding</p>
<p>9/9</p> <p><b>Apricot Beef Brisket</b> Mashed Potatoes Carrots Green Salad Applesauce Cookie</p>	<p>9/10</p> <p><b>Oregano Lemon Chicken</b> Roasted Potatoes Stewed Tomatoes Caesar Salad Carrot Cake</p>	<p>9/11 <b>N</b></p> <p><b>Butternut Squash Soup</b> <b>1/2 Turkey Sand.</b> Cabbage Apple Slaw Fruit Cup Brownie</p>	<p><b>Lunch &amp; Learn</b></p> <p>9/12</p> <p><b>Shrimp Scampi over Angel Hair w/Peas</b> Grapes Juice Ice Cream</p>	<p>9/13 <b>F</b></p> <p><b>Chicken Parmesan Ziti w/Sauce</b> Green Beans Caesar Salad Fruit Cup Apple Pie</p>
<p>9/16</p> <p><b>Baked Ham</b> Scalloped Potatoes Peas Applesauce Grapes</p>	<p>9/17</p> <p><b>Meatball Sub</b> Cabbage Apple Slaw Fruit Juice Ice Cream</p>	<p>9/18 <b>V</b></p> <p><b>Garlic, Ricotta &amp; Broccoli Pizza</b> Side Sauce 3 Bean Salad Fruit Cup Vanilla Cake</p>	<p>9/19 <b>F</b></p> <p><b>Cornflake Chicken</b> Tater Tots Honey Dijon Carrots Carrot Raisin Salad Cookie</p>	<p>9/20</p> <p><b>Chicken Broccoli Alfredo</b> Caesar Salad Applesauce Berries &amp; Cream</p>
<p>9/23</p> <p><b>LUNCH:</b> <b>Swedish Meatballs</b> <b>SPECIAL DINNER</b> <b>Chicken Parmesan</b></p> <p>LUNCH    DINNER</p>	<p>9/24 <b>F</b></p> <p><b>Salmon Cakes</b> Roasted Potatoes Zucchini Green Salad Applesauce Cookie</p>	<p>9/25</p> <p><b>Stuffed Pepper</b> Carrot Raisin Salad Juice Apple Pie</p>	<p>9/26</p> <p><b>Chicken Caesar Salad</b> Grapes Juice Carrot Cake</p>	<p><b>V</b> 9/27 <b>F</b></p> <p><b>Eggplant Parmesan Ziti w/Marinara</b> Caesar Salad Fruit Cup Brownie</p>
<p>9/30</p> <p><b>Chicken Piccata</b> Rice Pilaf Asparagus Green Salad Ice Cream</p>	<p><b>CALL FOR RSVPS &amp; TO CANCEL BY 12PM BUSINESS DAY BEFORE 518-459-2857 EXT 303</b></p>	<p>Name(s): _____</p> <p>Phone: _____</p> <p style="text-align: center;"><i>Indicate if you would prefer 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

# LUNCH + LEARN— THURSDAY September 12th 12:00PM



***\*Please be mindful of others and keep conversations to a minimum during the presentation\**** Come enjoy Shrimp Scampi, and a presentation by Karen Baxter of the Alzheimer's Association. Learn about the impact of Alzheimer's, the difference between Alzheimer's and Dementia, stages, risk factors and current research and treatments for certain symptoms.

**RSVPS are due Wednesday the 11th by 12:00PM. 518-459-2857 EXT 303**

## Special Lunch FRIDAY, September 6th at 12:00PM



**Special Lunch Friday, September 6<sup>th</sup> at Noon:** Come enjoy lunch with the community, and hear guitar and vocals from Joe Severino, a returning hit. Lunch served will be Chicken Marsala, Rice Pilaf, Carrot Raisin Salad & Pudding.

**RSVPS are due Thursday the 5th by 12:00PM.  
518-459-2857 EXT 303**

## Special DINNER Monday September 23rd at 5:00PM



**Special Dinner Monday, September 23<sup>rd</sup> at 5:00PM:** Come enjoy a chicken parmesan dinner with the community, and a high energy performance by Carla Page! Carla is a woman of many talents—she has been singing for 45 years, has her own radio show and also sings with a band.

**RSVPS are due Friday the 20th by 12:00PM.  
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**

**\*\*\*\*\*Please also call to cancel the day before if you know you can't make it!\*\*\*\*\***

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, Not Avail as Walkin)** 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 special dinner\* Contributions are used to expand our lunch programs.

**Suggested Donation \$3 for lunch, \$3 for entertainment at Special Events.**

**Guests and under 60 have a required \$11 fee.**