

Welcome to

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

# Community Lunch

NAME(S): \_\_\_\_\_

PHONE #: \_\_\_\_\_



Monday	Tuesday	Wednesday	Thursday	Friday
 Please Mark Clearly On Each Day You Would like TUNA / EGG or YOGURT Plate Call to RSVP or CANCEL by 12PM BUSINESS DAY BEFORE 518-459-2857 ext 303	10/1 <b>F</b> <b>Meatloaf</b> Mashed Potatoes Honey Dijon Carrots Green Salad Blondie	10/2 <b>N</b> <b>Pasta Fagioli w/ Sausage</b> Green Salad Garlic Bread Pudding	10/3 <b>Seafood Mac &amp; Cheese</b> Broccoli Carrot Raisin Salad Berries + Cream	<b>Special Lunch</b> 10/4 <b>V</b> <b>Grilled Cheese &amp; Tomato Soup</b> Three Bean Salad Applesauce Cookie
10/7 <b>V</b> <b>Baked Ziti</b> Green Beans Caesar Salad Applesauce Cherry Pie	10/8 <b>F</b> <b>Honey Mustard Chicken</b> Roasted Potatoes Carrots Green Salad Brownie	10/9 <b>Bacon, Shrimp + Corn Chowder</b> <b>1/2 Turkey Sand.</b> Cabbage Apple Slaw Carrot Cake	10/10 <b>Chicken Pesto Lasagna</b> Broccoli Three Bean Salad Ice Cream	10/11 <b>N</b> <b>Shepherds Pie</b> Green Salad Applesauce Cookie
10/14 <b>CLOSED</b>  <b>INDIGENOUS PEOPLE DAY</b>	10/15 <b>Beef Tips w/Gravy over Egg Noodles</b> Broccoli Three Bean Salad Vanilla Cake	10/16 <b>V</b> <b>Mushroom, Spinach &amp; Cheese Quiche</b> O'Brien Potatoes Green Salad Applesauce Cookie	10/17 <b>Goulash</b> Caesar Salad Garlic Bread Fruit Cup Apple Pie	10/18 <b>Chicken Marsala</b> Rice Pilaf Carrot Raisin Salad Fruit Cup Pudding
10/21 <b>LUNCH</b> <b>Apricot Beef Brisket</b> 10/16 <b>Special Dinner</b> <b>Baked Ham</b> LUNCH                      DINNER	10/22 <b>Oregano Lemon Chicken</b> Roasted Potatoes Stewed Tomatoes Caesar Salad Carrot Cake	10/23 <b>Butternut Squash Soup</b> <b>1/2 Turkey Sand.</b> Cabbage Apple Slaw Brownie	10/24 <b>F</b> <b>Shrimp Scampi over Angel Hair w/Peas</b> Grapes Juice Ice Cream	10/25 <b>F</b> <b>Chicken Parmesan Ziti w/Marinara</b> Green Beans Caesar Salad Apple Pie
10/28 <b>Baked Ham</b> Scalloped Potatoes Peas Grapes Cherry Pie	10/29 <b>F</b> <b>Meatball Sub</b> Cabbage Apple Slaw Juice Ice Cream	10/30 <b>Garlic, Ricotta &amp; Broccoli Pizza</b> Side Sauce Three Bean Salad Fruit Cup Vanilla Cake	10/31 <b>Cornflake Chicken</b> Tater Tots Honey Dijon Carrots Carrot Raisin Salad Cookie	 <b>COLONIE SENIOR</b> <i>Service Centers, Inc.</i>

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\*



**Call to RSVP or CANCEL Business Day Before by 12**

**518—459—2857 ext 303**

## **Special Lunch Friday, October 4th at Noon**



Come enjoy a classical piano performance by composer and pianist Cole Broderick. Lunch served will be Grilled Cheese & Tomato Soup.

**RSVPs are due 10/3 at 12PM.**

**518—459—2857 ext. 303**



## **Special Dinner Monday, October 21st at 5PM**

Come enjoy the returning hit duo, "Standard Time Duo" with Diane Geddes on keyboard and Cathy Olsen on vocals.

They'll be playing a mix of songs from all different eras.

Dinner served will be Baked Ham, Scalloped Potatoes, Caesar Salad, and a Blondie for Dessert

**RSVPS due Friday 10/18 at 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, and mixed fruit) \*CANNOT ORDER Cold plates for dinner\* Contributions are used to expand our lunch programs.

**Suggested Contribution: \$3, plus \$3 for entertainment at special lunch & dinner  
Guests and under 60 are \$11 for lunch and dinner**