

Welcome to

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



Community Lunch

NOVEMBER

518-459-2857 ext 303

Monday	Tuesday	Wednesday	Thursday	Friday
Name(s): <hr/> Phone#: <hr/> <i>Please Indicate Tuna, Egg or Yogurt Clearly</i>		CALL BY 12PM BUSINESS DAY BEFORE FOR RSVPS AND CANCELLATIONS 518-459-2857 EXT 303	**DUE TO LIMITED SEATING, NO WALKINS WILL BE PERMITTED ON 11/4 LUNCH AND SPECIAL DINNER 11/18** RSVPs may be cut off if room capacity is hit	11/1 F Chicken Broccoli Alfredo Caesar Salad Applesauce Berries + Cream
11/4 *No Walkins* Swedish Meatballs over Egg Noodles Green Beans Grapes Blondie <input type="checkbox"/> RSVP by 11/1 @12PM	11/5 F Salmon Cakes Roasted Potatoes Zucchini Green Salad Applesauce Cookie <input type="checkbox"/>	11/6 Stuffed Pepper Carrot Raisin Salad Juice Apple Pie <input type="checkbox"/>	11/7 Chicken Caesar Salad Grapes Juice Carrot Cake <input type="checkbox"/>	Special Lunch 11/8 V Eggplant Parmesan Ziti w/Marinara Caesar Salad Fruit Cup Brownie <input type="checkbox"/>
11/11 CLOSED 	11/12 F Meatloaf Mashed Potatoes Honey Dijon Carrots Green Salad Blondie <input type="checkbox"/>	11/13 Pasta Fagioli w/ Sausage Garlic Bread Green Salad Fruit Cup Pudding <input type="checkbox"/>	Lunch & Learn 11/14 F Seafood Mac & Cheese Broccoli Carrot Raisin Salad Berries + Cream <input type="checkbox"/>	11/15 V Grilled Cheese & Tomato Soup Three Bean Salad Applesauce Cookie <input type="checkbox"/>
11/18 Lunch Baked Ziti 11/18 Special Dinner Turkey Dinner (see back)* RSVP LUNCH <input type="checkbox"/> By 11/15@12PM <input type="checkbox"/> DINNER	11/19 Honey Mustard Chicken Roasted Potatoes Carrots Green Salad Brownie <input type="checkbox"/>	11/20 Bacon, Shrimp & Corn Chowder 1/2 Turkey Sand. Cabbage Apple Slaw Carrot Cake <input type="checkbox"/>	RSVP FAIR 11/21 Chicken Pesto Lasagna Broccoli Three Bean Salad Juice <input type="checkbox"/>	11/22 Shepherds Pie Green Salad Applesauce Cookie <input type="checkbox"/>
11/25 Oven Fried Fish Sandwich Zucchini Broccoli Slaw Berries + Cream <input type="checkbox"/>	11/26 Beef Tips w/Gravy over Egg Noodles Three Bean Salad Broccoli Vanilla Cake <input type="checkbox"/>	11/27 V Mushroom, Spinach & Cheese Quiche O'Brien Potatoes Green Salad Cookie <input type="checkbox"/>	CLOSED 11/28 & 11/29 	

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— Thursday, November 14th at Noon



Please be mindful of others and keep conversation to a minimum during the presentation

Come enjoy lunch and hear from Executive Director and clarinetist Emily Fritz-Endres of the Albany Symphony Orchestra. Lunch served will be Seafood Mac & cheese.

RSVPS are due Wednesday 11/13 by 12PM.

Suggested Donation of \$3.00 for lunch.

Special Lunch Friday, November 8th at 12:00PM

Come hear a returning favorite, Joe Gorman perform vocals and tunes on his guitar and enjoy an Eggplant Parmesan lunch!

Suggested contribution of \$3 for lunch and \$3 for entertainment.

Reservations are due Thursday, November 7th by 12PM



****RSVP Fair on 11/21—Come learn about Volunteer Opportunities!****

Special Dinner Monday, November 18th at 5:00PM **no walkins**



Due to the expected high RSVPS, Walk-ins will not be permitted. RSVPS may be cut off if room capacity is hit. Reservations are required by Friday, November 15th by 12:00PM

Come enjoy a wonderful Turkey Dinner and hear a Beltrone favorite, Brian Zapel. Dinner served will be Turkey with Gravy, Mashed Potatoes, Roasted Butternut Squash, Stuffing, Fruit Cup and Pumpkin Pie.

Suggested contribution of \$3 for lunch and \$3 for entertainment.

Reservations are due Friday, November 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, 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 \$11.00 (please bring exact change)