

Welcome to

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

# Community Lunch



# January



HAPPY NEW YEAR!

2025!

518-459-2857 ext 303 by 12PM Business Day Before

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Name(s): _____</p> <p>Phone # _____</p> <p>Please Indicate TUNA/EGG/FRUIT Plates Clearly on each day requested</p>		<p><b>Closed 1/1</b></p>  <p>HAPPY NEW YEAR</p>	<p>1/2</p> <p>Chicken Pesto Lasagna Broccoli Three Bean Salad Ice Cream</p>	<p>1/3</p> <p>Shepherds Pie Green Salad Applesauce Oatmeal Raisin Cookie</p>
<p>1/6 <b>V</b></p> <p>Mushroom, Spinach &amp; Cheese Quiche O'Brien Potatoes Carrot Raisin Salad Sherbert</p>	<p><b>Lunch &amp; Learn</b></p> <p>1/7 Cornflake Chicken Tater Tots Asparagus Coleslaw Cherry Pie</p>	<p>1/8 <b>N</b></p> <p>Pulled Pork Sandwich Honey Dijon Carrots Corn Salad Oatmeal Raisin Cookie</p>	<p>1/9</p> <p>Chicken Caesar Salad Carrot Raisin Salad Juice Berries &amp; Cream</p>	<p><b>Special Lunch</b></p> <p>1/10 <b>N</b></p> <p>Spaghetti &amp; Meatballs Garlic Breadstick Caesar Salad Fruit Cup Blondie</p>
<p>1/13</p> <p>Stuffed Pepper Garlic Breadstick Tomato Basil Salad Chocolate Cake</p>	<p>1/14 <b>F</b></p> <p>Apricot Beef Brisket Mashed Potatoes Asparagus Spinach Mandarin Salad Ice Cream</p>	<p>1/15 <b>F</b></p> <p>Salmon Cakes Oven Rst Potatoes Zucchini Strawberry Spinach Salad Carrot Cake</p>	<p>1/16 <b>N</b></p> <p>BBQ Chicken Breast Baked Beans Corn Salad Carrots Blondie</p>	<p>1/17 <b>V</b></p> <p>Eggplant Parmesan Ziti w/Sauce Carrot Raisin Salad Fruit Cup Sherbet</p>
<p>1/20 CLOSED</p> 	<p>1/21</p> <p>Goulash Garlic Breadstick Caesar Salad Fruit Cup Vanilla Cake</p>	<p>1/22 <b>F</b></p> <p>Shrimp Scampi over Angel Hair Peas Tomato Basil Salad Berries &amp; Cream</p>	<p>1/23 <b>N</b></p> <p>Grilled Chicken with Pineapple Salsa Brown Rice Asparagus Green Salad Lemon Meringue Pie</p>	<p>1/24</p> <p>Bacon, Shrimp &amp; Corn Chowder + 1/2 Turkey Sandwich w/ lettuce, tomato Carrot Raisin Salad Applesauce Brownie</p>
<p>1/27 LUNCH</p> <p>Beef Tips w/ Gravy 1/27 SPECIAL DINNER Meatloaf (see back for more)</p> <p>LUNCH                      DINNER</p>	<p>1/28</p> <p>Chicken Piccata Rice Pilaf Asparagus Strawberry Spinach Salad Blondie</p>	<p>1/29 <b>V</b></p> <p>Garlic, Ricotta &amp; Broccoli Pizza Side Sauce Three Bean Salad Carrot Cake</p>	<p>1/30</p> <p>Honey Mustard Chicken Oven Rst Potatoes Carrots Corn Salad Ice Cream</p>	<p>1/31 <b>V</b></p> <p>Baked Ziti Garlic Breadstick Green Beans Tomato Basil Salad Cookie</p>

Please call 518-459-2857 ext. 303 with RSVPS & TO CANCEL by 12PM of the previous business day

**V** = VEGETARIAN    **F** = FAVORITE    **N** = NEW ITEM

**General Notice: Each January, Registration Forms must be updated. Please be patient at the check-in station. Thank you!**

## **Lunch & Learn: Tuesday January 7th at Noon**



**\*Please be mindful of the presenters and fellow diners and keep conversations to a minimum during the presentation\***

Come hear from Melinda Burns, author of *A Practical Guide to Caregiving: Finding Balance*. She will share insights that she has gleaned over her 35 years of caregiving for a multitude of individuals with a variety of needs. *Lunch served will be Cornflake Chicken, Tater Tots, Asparagus, Coleslaw & Cherry Pie.*

**Suggested Donation of \$3.00 for lunch. RSVPs are due Monday January 6th by 12PM.**

## **Special Lunch: Friday January 10th at Noon**



Come enjoy piano tunes and vocals by Laura Melanie Collins!

*Lunch served will be Spaghetti & Meatballs, Garlic Breadstick, Caesar Salad, Fruit Cup & a Blondie.*

**Suggested Donation of \$3.00 for lunch and \$3.00 for music. RSVPs due Thursday 1/9 by 12PM**

## **Special Dinner: Monday January 27th at 5PM**

Come hear "Hands of Time" jazz band perform! *Dinner served will be Meatloaf with gravy, Mashed Potatoes, Honey Dijon Carrots, Strawberry Spinach Salad & a Blondie.*

**Suggested Donation of \$3.00 for dinner and \$3.00 for music.**

**RSVPS due Friday 1/24 by 12PM**

**518—459—2857 ext 303**



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.***