

Welcome to

Community Lunch

March



RSVP/CANCEL BY 12PM BUSINESS DAY BEFORE 518-459-2857 EXT 303

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3/3 Meatloaf Mashed Potatoes Honey Dijon Carrots Spinach Mandarin Sal Applesauce Oatmeal Cookie</p>	<p>Lunch & Learn 3/4 Goulash Garlic Breadstick Caesar Salad Fruit Cup Vanilla Cake</p>	<p>3/5 F Shrimp Scampi over Angel Hair Peas Tomato Basil Salad Berries + Cream</p>	<p>3/6 Grilled Chicken w/ Pineapple Salsa Brown Rice Asparagus Green Salad Lemon Meringue Pie</p>	<p>Special Lunch 3/7 F Bacon, Shrimp + Corn Chowder 1/2 Turkey Sand. Carrot Raisin Salad Brownie</p>
<p>3/10 Beef Tips w/Gravy over Egg Noodles Broccoli Spinach Mandarin Salad Sherbet</p>	<p>3/11 Chicken Piccata Rice Pilaf Strawberry Spinach Salad Blondie</p>	<p>3/12 V Garlic, Ricotta & Broccoli Pizza Side Sauce Three Bean Salad Carrot Cake</p>	<p>3/13 F Honey Mustard Chicken Roasted Potatoes Carrots Corn Salad Ice Cream</p>	<p>3/14 V Baked Ziti Green Beans Garlic Breadstick Tomato Basil Salad Chocolate Chip Cookie</p>
<p>3/17 Lunch Meat Lasagna 3/17 Special Dinner Corned Beef & Cabbage LUNCH (See Back) DINNER</p>	<p>3/18 Seafood Mac & Cheese Broccoli Three Bean Salad Vanilla Cake</p>	<p>3/19 Chicken Marsala Rice Pilaf Carrot Raisin Salad Chocolate Chip Cookie</p>	<p>3/20 F Chicken Parmesan Ziti w/Sauce Caesar Salad Juice Carrot Cake</p>	<p>3/21 Pasta Fagioli with Sausage Garlic Breadstick Tomato Basil Salad Berries & Cream</p>
<p>3/24 Cream of Potato Soup 1/2 Turkey Sandwich Caesar Salad Applesauce Blondie</p>	<p>3/25 Chicken Broccoli Alfredo Tomato Basil Salad Juice Oatmeal Raisin Cookie</p>	<p>3/26 F Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Straw. Spin. Sal Lemon Meringue Pie</p>	<p>3/27 Oven Fried Fish Sandwich Tater Tots Zucchini Coleslaw Brownie</p>	<p>3/28 Swedish Meatballs over Egg Noodles Green Beans Carrot Raisin Salad Ice Cream</p>
<p>3/31 V Mushroom, Spinach & Cheese Quiche O'Brien Potatoes Carrot Raisin Salad Sherbet</p>	 <p>COLONIE SENIOR <i>Service Centers, Inc.</i></p>	<p>RSVP & CANCEL BY 12PM BUSINESS DAY BEFORE 518-459-2857 x 303</p>	<p>Name(s): _____</p> <p>Phone#: _____</p> <p><u>Please Indicate Tuna, Egg or Yogurt Clearly</u></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 Suggested Donation \$3.00. Under 60 & Out of State Guests \$11 Fee

LUNCH + LEARN— Tuesday, March 4th 12:00 Noon



SPAC

SARATOGA
PERFORMING
ARTS
CENTER

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

Come hear from Zack Ashcraft and his team from SPAC (Saratoga Performing Arts Center) about their upcoming Spring and Summer season and enjoy a Goulash luncheon.

Please be sure to place a RSVP by 3/3 by 12PM.

Suggested Donation of \$3.00

Special Lunch Friday, March 7th at 12:00 Noon



Come hear a Beltrone favorite—"Irish Don" Kelly. Lunch served is a Bacon, Shrimp + Corn Chowder, half Turkey Sandwich and a Brownie.

Suggested donation \$3 for lunch and \$3 for entertainment.

Please place a RSVP by Thursday the 6th at Noon.

518-459-2857 ext. 303

Special Dinner Monday, March 17th at 5:00pm



Come enjoy a Corned Beef & Cabbage dinner, and guitar & vocal tunes by "REDKING" duo.

Suggested Donation of \$3.00 for dinner and \$3.00 for entertainment

Please be sure to place a RSVP by Friday 3/14 by 12PM.

518-459-2857 Ext 303

CALL FOR RESERVATIONS BY 12PM 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, nuts and mixed fruit) ***CANNOT ORDER Cold plates for 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.**