



Welcome to

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

Community Lunch

July

Please call by 12:00PM Business Day Before to
RSVP or CANCEL 518-459-2857 ext. 303
Doors Open 11:30, Lunch Served Promptly at 12

Monday	Tuesday	Wednesday	Thursday	Friday
	7/1 F Apricot Beef Brisket Mashed Potatoes Spinach Mandarin Sal Carrots Carrot Cake	7/2 Swedish Meatballs Over Egg Noodles Green Beans Carrot Raisin Salad Applesauce Cookie	F 7/3 V Eggplant Parmesan Ziti w/Marinara Three Bean Salad Fruit Cup Ice Cream	
N 7/7 V Cheese Manicotti Green Beans Caesar Salad Fruit Cup Ice Cream	7/8 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Strawberry Spin Sal Blondie	7/9 Baked Ham Scalloped Potatoes Peas Carrot Raisin Salad Applesauce Cookie	7/10 Salmon Cakes Zucchini Corn Salad Juice Sherbet	Special Lunch 7/11 Chicken Broccoli Alfredo Tomato Basil Salad Garlic Breadsticks Berries + Cream
7/14 Chicken Piccata Rice Pilaf Peas Spinach Mandarin Salad Brownie	Lunch & Learn 7/15 Shrimp Scampi Over Angel Hair Peas Tomato Basil Salad Cookie	7/16 Goulash Caesar Salad Garlic Breadstick Fruit Cup Carrot Cake	7/17 F Cornflake Chicken Roasted Potatoes Corn Salad Carrots Juice Sherbet	7/18 Oven Fried Fish Sandwich Tater Tots Zucchini Coleslaw Juice Cookie
7/21 Lunch Spaghetti & Meatballs 7/21 Special Dinner *No walkins* BBQ Chicken LUNCH (see back) DINNER	7/22 Stuffed Pepper Tomato Basil Salad Garlic Breadstick Applesauce Ice Cream	7/23 Honey Mustard Chicken Roasted Potatoes Carrots Coleslaw Fruit Pie	N 7/24 Summer Minestrone Soup + 1/2 Turkey Sandwich Corn Salad Berries + Cream	7/25 Chicken Caesar Salad Applesauce Carrot Raisin Salad Cookie
F 7/28 Chicken Pesto Lasagna Broccoli Tomato Basil Salad Blondie	Lunch & Learn 7/29 Bacon, Shrimp + Corn Chowder 1/2 Turkey Sand. Caesar Salad Fruit Pie	7/30 Meatloaf Mashed Potatoes Honey Dijon Carrots Green Salad Sherbet	Name(s): Phone# <i>Indicate Tuna/Egg/Yogurt CLEARLY each day</i>	

Please call 518-459-2857 ext. 303 to RSVP or CANCEL by 12 noon of the previous business day.

V = VEGETARIAN **F** = FAVORITE **N** = NEW ITEM *Meal Alternatives Not Available for Special Dinner*

LUNCH + LEARN's Tuesday 7/15 & 7/29 at NOON

Division of Consumer Protection

Our mission is to educate, mediate, advise and advocate on behalf of all state consumers.

Come hear from Kimberly Maercklien from NYS Division of Consumer protection for two Lunch & Learns. On 7/15 she will discuss Scam Prevention, and on 7/29 Identity Theft Protection.

Please be mindful of others and keep conversations to a minimum during the presentation
Suggested Donation of \$3.00 for lunch, Please be sure to place a RSVP!

Special Lunch Friday, July 11th at 12:00PM



Come enjoy the tunes of Rick Bedrosian! Sing along with favorite tunes from the 50's, 60's and 70's, Irish anthems, Beatles classics and a whole lot more.

Reservations are due by 12PM the day before, Thursday 6/10
Suggested Donation of \$3.00 for lunch and \$3.00 for music

Special Dinner Monday July 21st at 5PM



Come hear a Beltrone favorite, Donny Elvis! Be sure to place a RSVP – this event is very popular and NO WALK-Ins will be permitted. Dinner served will be BBQ Chicken, Carrots, Oven Roasted Potatoes, Corn Salad, Juice and Ice Cream.

Suggested Donation of \$3.00 for dinner, and \$3.00 for music.
RESERVATIONS due (No Walkins!) by 12pm on Friday, July 18th

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.

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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 and special dinner