

# Welcome to Community Lunch

## October

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

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

DOORS 11:30, LUNCH SERVED PROMPTLY AT NOON

Monday	Tuesday	Wednesday	Thursday	Friday
   <p>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</p>	 <p><b>COLONIE SENIOR</b> <i>Service Centers, Inc.</i></p>	<p>10/1 <b>F</b> Bacon, Shrimp + Corn Chowder &amp; 1/2 Turkey Sand Carrot Raisin Salad Sherbet</p>	<p>10/2 Chicken Piccata Peas Three Bean Salad Blondie</p>	<p><b>Special Lunch</b> 10/3 <b>F</b> Goulash Caesar Salad Fruit Juice Chocolate Chip Cookie</p>
<p>10/6 <b>N</b> Chicken Cacciatore Rice Pilaf Stewed Spinach Tomato Basil Salad Apple Pie</p>	<p>10/7 <b>N</b> Meat Lasagna Caesar Salad Fruit Juice Brownie</p>	<p>10/8 <b>F</b> Salmon Cakes Roasted Potatoes Zucchini Green Salad Oatmeal Raisin Cookie</p>	<p>10/9 Honey Mustard Chicken Green Beans Apple Slaw Lemon Meringue Pie</p>	<p>10/10 <b>N</b> Cider Braised Pork Sandwich Carrots Three Bean Salad Applesauce Cookie</p>
<p>10/13 CLOSED</p>  <p><b>INDIGENOUS PEOPLE DAY</b></p>	<p>10/14 Grilled Chicken w/ Pineapple Salsa Green Beans Brown Rice Green Salad Blondie</p>	<p>10/15 <b>N</b> Butternut Squash Soup 1/2 Turkey Sandwich Apple Slaw Berries &amp; Cream</p>	<p>10/16 Meatloaf Mashed Potatoes Carrots Tomato Basil Salad Ice Cream</p>	<p>10/17 <b>N</b> Chicken Bacon Mac &amp; Cheese Broccoli Caesar Salad Applesauce Brownie</p>
<p>10/20 LUNCH Baked Ham</p> <p><b>10/20 Special Dinner</b></p> <p><b>Beef Tips (see back)</b></p> <p>LUNCH DINNER</p>	<p><b>V</b> 10/21 <b>F</b> Eggplant Parmesan Ziti w/Marinara Three Bean Salad Applesauce Lemon Meringue Pie</p>	<p>10/22 <b>V</b> Mushroom, Spinach + Cheese Quiche O'Brien Potatoes Green Salad Apple Pie</p>	<p>10/23 Spaghetti &amp; Meatballs Caesar Salad Applesauce Chocolate Pudding</p>	<p>10/24 Chicken Pesto Lasagna Broccoli Chickpea Salad Juice Blondie</p>
<p>10/27 <b>V</b> Cheese Manicotti Green Beans Green Salad Applesauce Berries &amp; Cream</p>	<p>10/28 Swedish Meatballs over Egg Noodles Broccoli Caesar Salad Chocolate Chip Cookie</p>	<p>10/29 <b>N</b> Shepherds Pie Green Salad Fruit Cup Brownie</p>	<p>10/30 <b>F</b> Chicken Parmesan Ziti w/Marinara Green Beans Chickpea Salad Sherbet</p>	<p>10/31 Apricot Beef Brisket Mashed Potatoes Carrots Apple Slaw Oatmeal Raisin Cookie</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 \*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 3rd at Noon**



Come enjoy a performance by the band  
“Gone Grey” and a Goulash luncheon.  
Gone Grey will be playing songs from the  
50’s, 60’s and 70’s.

**RSVPs are due 10/2 at 12PM.**

**518—459—2857 ext. 303**

*Suggested Donation of \$3 for lunch and \$3  
for music*

## **Special Dinner Monday, October 20th at 5PM**

Come enjoy the returning hit, 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. Dinner  
served will be Beef Tips w/Gravy over Egg Noodles, Broc-  
coli, Spinach Mandarin Salad, Fruit Juice and a Brownie for  
Dessert.

**RSVPS due Friday 10/17 at 12PM.**

**518—459—2857 ext. 303**

*Suggested Donation of \$3 for dinner and \$3 for music*



**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***