

Welcome to

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



Community Lunch September

Call 518-459-2857 ext 303 to
RSVP & Cancel by 12pm
Business Day Before



DOORS OPEN 11:30, LUNCH SERVED PROMPTLY AT NOON

Monday	Tuesday	Wednesday	Thursday	Friday
Closed 9/1 HAPPY LABOR DAY	9/2 Grilled Chicken w/ Pineapple Salsa Brown Rice Green Beans Green Salad Blondie	9/3 N Butternut Squash Soup & 1/2 Turkey Sand. Apple Slaw Berries + Cream	9/4 Meatloaf Mashed Potatoes Carrots Tomato Basil Salad Ice Cream	Special Lunch 9/5 N Chicken Bacon Mac & Cheese Broccoli Caesar Salad Brownie
9/8 Baked Ham Scalloped Potatoes Peas Chickpea Salad Oatmeal Raisin Cookie	9/9 V F Eggplant Parmesan Ziti w/Marinara Three Bean Salad Lemon Meringue Pie	9/10 V Mushroom, Spinach & Cheese Quiche O'Brien Potatoes Green Salad Apple Pie	9/11 Spaghetti & Meatballs Caesar Salad Applesauce Chocolate Pudding	9/12 F Chicken Pesto Lasagna Broccoli Chickpea Salad Blondie
9/15 LUNCH: Cheese Manicotti SPECIAL DINNER LUNCH Chicken Parmesan (see back) DINNER	9/16 Swedish Meatballs over Egg Noodles Broccoli Caesar Salad Chocolate Chip Cookie	9/17 N Shepherds Pie Green Salad Fruit Cup Brownie	9/18 F Chicken Parmesan Ziti w/Marinara Green Beans Chickpea Salad Sherbet	9/19 Apricot Beef Brisket Mashed Potatoes Carrots Apple Slaw Oatmeal Raisin Cookie
9/22 Chicken Marsala Brown Rice Green Beans Carrot Raisin Salad Applesauce Blondie	9/23 Beef Tips w/Gravy over Egg Noodles Broccoli Apple Slaw Juice Apple Pie	9/24 F V Stuffed Pepper Carrot Raisin Salad Applesauce Chocolate Chip Cookie	9/25 N Grilled Cheese on Wheat & Tomato Soup Green Salad Fruit Juice Brownie	9/26 Cornflake Chicken Carrots Roasted Potatoes Apple Slaw Chocolate Pudding
9/29 Meatball Sub Carrot Raisin Salad Applesauce Vanilla Cake	9/30 Shrimp Scampi over Angel Hair Peas Caesar Salad Berries + Cream	Name(s): _____ Phone: _____ <p align="center"><i>Indicate if you would prefer tuna, egg or yogurt clearly on each day you wish</i></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 Out of State Guests & Under 60 \$11 Fee



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Special Lunch FRIDAY, September 5th at 12:00PM



Come enjoy the vocal and piano tunes of Laura Melanie Collins! Lunch served will be Chicken Bacon Mac & Cheese, Broccoli, Caesar Salad and a brownie for dessert.

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

**RSVPS are due Thursday the 4th by 12:00PM.
518-459-2857 EXT 303**

Special DINNER Monday September 15th at 5:00PM

Come enjoy a energetic performance by Holly Beltran! She has been entertaining audiences of all ages with her unique combination of songs, dance and props since 1999. Her main genres are Broadway, Jazz, Country and Children's music. Dinner served will be Chicken Parmesan, Ziti w/Marinara, Green Beans, Fruit Juice and a Blondie.

**RSVPS are due Friday the 12th by 12:00PM.
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, Not Avail as Walk-in)** 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 Donation \$3 for lunch,. \$3 for entertainment at Special Events.

Guests and under 60 have a required \$11 fee.