

# Welcome to Community Lunch March

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

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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Total Glee Performance</b> <b>3/2</b> <b>Beef Tips w/Gravy</b> <b>over Egg Noodles</b> Broccoli <input type="checkbox"/> Green Salad <input type="checkbox"/> Fruit Pie	<b>3/3</b> <b>Seafood Mac &amp; Cheese</b> Spinach Mandarin Salad <input type="checkbox"/> Broccoli <input type="checkbox"/> Blondie	<b>3/4</b> <b>Bacon, Shrimp &amp; Corn Chowder + 1/2 Turkey Sand.</b> Caesar Salad <input type="checkbox"/> Sherbet	<b>3/5</b> <b>F</b> <b>Shepherds Pie</b> Three Bean Salad Fruit Juice Oatmeal Raisin <input type="checkbox"/> Cookie	<b>Special Lunch</b> <b>3/6</b> <b>V</b> <b>Mushroom, Spinach &amp; Cheese Quiche</b> O'Brien Potatoes <input type="checkbox"/> Carrot Raisin Salad <input type="checkbox"/> Brownie
<b>3/9</b> <b>Chicken Caesar Salad</b> Tomato Basil Salad Fruit Cup Vanilla Pudding <input type="checkbox"/>	<b>3/10</b> <b>Grilled Chicken w/ Pineapple Salsa</b> Brown Rice Corn Salad Carrot Cake <input type="checkbox"/>	<b>3/11</b> <b>N</b> <b>Italian Sausage, Peppers &amp; Onion Sandwich</b> Caesar Salad Berries & Cream <input type="checkbox"/>	<b>3/12</b> <b>F</b> <b>Meatloaf</b> Mashed Potatoes Carrots Broccoli Slaw Chocolate Chip <input type="checkbox"/> Cookie	<b>3/13</b> <b>V</b> <b>Cheese Manicotti</b> Green Beans Green Salad Applesauce Lemon Meringue Pie <input type="checkbox"/>
<b>3/16 Lunch</b> Onion Soup & 1/2 Turkey Sand <b>3/16 Special Dinner</b> <b>*No Walkins*</b> LUNCH <input type="checkbox"/> Corned Beef DINNER <input type="checkbox"/>	<b>3/17</b> <b>Spaghetti &amp; Meatballs</b> Three Bean Salad Fruit Cup Ice Cream <input type="checkbox"/>	<b>3/18</b> <b>F</b> <b>Cornflake Chicken</b> Roasted Potatoes Carrots Corn Salad Applesauce Carrot Cake <input type="checkbox"/>	<b>3/19</b> <b>Goulash</b> Caesar Salad Juice Fruit Pie <input type="checkbox"/>	<b>3/20</b> <b>Salmon Cakes</b> Roasted Potatoes Zucchini Strawberry Spinach Salad Fruit Cup Sherbet <input type="checkbox"/>
<b>3/23</b> <b>Chicken Piccata</b> Brown Rice Spinach Mandarin Salad Chocolate Chip Cookie <input type="checkbox"/>	<b>3/24</b> <b>Shrimp Scampi</b> Caesar Salad Peas Juice Berries & Cream <input type="checkbox"/>	<b>3/25</b> <b>F</b> <b>Chicken Parmesan</b> Ziti w/Marinara Green Beans Chickpea Salad Brownie <input type="checkbox"/>	<b>3/26</b> <b>Pulled Pork Sandwich</b> Carrots Corn Salad Fruit Cup Chocolate Pudding <input type="checkbox"/>	<b>3/27</b> <b>V</b> <b>Grilled Cheese &amp; Tomato Soup</b> <b>Caesar Salad</b> <b>Blondie</b> <input type="checkbox"/>
<b>3/30</b> <b>Chicken Broccoli Alfredo</b> Caesar Salad Fruit Cup Ice Cream <input type="checkbox"/>	<b>3/31</b> <b>Baked Ham</b> Scalloped Potatoes Peas Corn Salad Juice Brownie <input type="checkbox"/>	 <b>COLONIE SENIOR</b> <i>Service Centers, Inc.</i>	<b>Name(s):</b> <hr/> <b>Phone#:</b> <hr/> <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

## Special Lunch Friday, March 6th at Noon



Come hear a Beltrone favorite—"Irish Don" Kelly. Please note music will begin early at 11:45am and end early at 12:45pm due to International Womens Day Celebration at 2:30PM in the Lakeview.

Come back to enjoy the next celebration!

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

***Please place a RSVP by Thursday the 5th at Noon.***

## Come Back Later! 2:30PM, International Women's Day Event

Come back from 2:30PM-3:30PM to International Women's Day. This is a free event and no RSVP is required. Initiated in the United States in 1909 and then globally in 1911, International Women's Day (IWD) is a day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating women's equality. The event will include art exhibits, live musical performances, lectures and vendor booths for area female entrepreneurs and nonprofit organizations.

## Special Dinner Monday, March 16th at 5:00pm

**\*No Walkins Permitted. Be sure to place a RSVP by 12PM on Friday, March 13th\***

Come enjoy a Corned Beef dinner and music by Carmen Lookshire. Dinner served will be Corned Beef, Cabbage, Potatoes, Green Salad & Chocolate Cake.

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



**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.

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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, 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.***