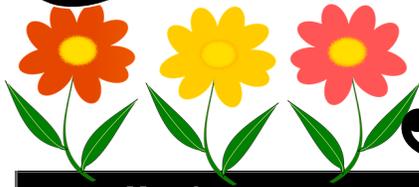


Welcome to

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

Community Lunch



April

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



Monday		Tuesday		Wednesday		Thursday		Friday	
Name(s): _____ Phone# _____ <i>Please Indicate Tuna, Egg or Yogurt <u>Clearly</u></i> <u>Each Day You Wish</u>		4/1 Chicken Marsala Brown Rice Green Beans Tomato Basil Salad Oatmeal Cookie		F 4/2 V Eggplant Parmesan Ziti w/Marinara Carrot Raisin Salad Fruit Cup Sherbet		Special Lunch 4/3 Oven Fried Fish Sandwich Roasted Potatoes Zucchini Broccoli Slaw Blondie			
4/6 Chicken Pesto Lasagna Broccoli Green Salad Lemon Meringue Pie		4/7 Swedish Meatballs Over Egg Noodles Green Beans Broccoli Slaw Chocolate Chip Cookie		4/8 F Pot Roast Mashed Potatoes Carrots Spinach Mandarin Salad Chocolate Pudding		4/9 Oregano Lemon Chicken Roasted Potatoes Stewed Tomatoes Chickpea Salad Ice Cream		4/10 V Veggie Pizza Side Sauce Caesar salad Carrot Cake	
4/13 Beef Tips w/Gravy over Egg Noodles Broccoli Green Salad Applesauce Fruit Pie		4/14 Seafood Mac & Cheese Broccoli Spinach Mandarin Salad Blondie		4/15 Bacon, Shrimp + Corn Chowder 1/2 Turkey Sand. Caesar Salad Applesauce Sherbet		4/16 F Shepherds Pie Three Bean Salad Juice Oatmeal Raisin Cookie		4/17 V Mushroom, Spinach & Cheese Quiche O'Brien Potatoes Carrot Raisin Salad Fruit Cup Brownie	
4/20 Lunch Chicken Caesar Salad 4/20 Special Dinner Chicken Parmesan LUNCH DINNER		4/21 Grilled Chicken with Pineapple Salsa Brown Rice Corn Salad Carrot Cake		4/22 Italian Sausage, Peppers and Onion Sandwich Caesar Salad Berries + Cream		Lunch & Learn 4/23 Meatloaf Mashed Potatoes Carrots Broccoli Slaw Chocolate Chip		4/24 V Cheese Manicotti Green Beans Green Salad Applesauce Lemon Meringue Pie	
4/27 Onion Soup & 1/2 Turkey Sand. Carrot Raisin Salad Juice Brownie		4/28 Spaghetti & Meatballs Three Bean Salad Fruit Cup Ice Cream		4/29 F Cornflake Chicken Roasted Potatoes Carrots Corn Salad Carrot Cake		4/30 Goulash Caesar Salad Juice Fruit Pie			

518-459-2857 ext. 303 with RESERVATIONS and CANCELLATIONS by 12PM BUINESS DAY BEFORE

V = VEGETARIAN **F** = FAVORITE **N** = NEW ITEM Suggested Donation of \$3.00. Guests & Under 60 \$11 Fee.

Please be reminded:

518—459—2857 ext 303

- **Please call by 12pm the day before to CANCEL as well as RSVP**
- **Reservations and Cancellations are important to ensure accurate food preparation, reduce waste and food costs.**
- **Meal alternates (Tuna, Egg, Yogurt Plates) must be ordered by 12pm the day before. They are not available as a day-of change**

LUNCH + LEARN— Thursday, April 23rd at Noon



Come hear from Sgt. Michael Clough of Colonie PD and his K-9 partner Eddie. Sgt. Clough will discuss how Eddie and other police dogs are trained and show off some of his skills.

Please RSVP by Wednesday April 22nd at 12PM.

Special Lunch Friday, April 3rd at Noon

Come enjoy an energetic performance by Holly Beltran! Holly 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 & children’s music.

Suggested Donation of \$3.00 for lunch and \$3.00 for music.

RSVPS are due by 12pm on Tuesday April 2nd



Special Dinner Monday, April 20th at 5:00PM



Come enjoy a Chicken Parmesan dinner and music by “Hands of Time” - a rock & roll oldies band that ventures beyond the ordinary in the genre.

RSVPS are due by Friday, April 17th at 12PM

Suggested Donation of \$3 for dinner & \$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, and participant contributions.

This program is an equal opportunity provider.

••••• **Also available for lunch:** Tuna Salad Plate (tuna salad over green salad) ,Egg Salad Plate

(egg salad over green salad) or Yogurt Plate (yogurt, granola, fresh 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, \$11 for lunch and dinner.