

Welcome to


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



# Community Lunch

## May

**Doors Open at 11:30  
Lunch Served  
Promptly at Noon**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>-Reservations are Required.</b>  <b>-Reservations are due no later than 12PM Business Day Before</b>                      *Walk-Ins will only be taken if space permits*  <b>-Please also call to cancel</b>  <b>518-459-2857 ext 303</b></p>		<p>Name(s): _____                      Phone: _____  <i>Please Indicate Tuna, Egg or Yogurt                      Clearly on each day requested</i></p>		<p><b>Special Lunch</b>                      5/1  <b>Salmon Cakes</b>                      Roasted Potatoes                      Zucchini                      Strawberry Spinach Salad                      Fruit Cup                      Sherbet</p>
<p>5/4 <b>N</b>  <b>Chili Con Carne</b>                      Cornbread                      Corn Salad                      Juice                      Oatmeal Raisin                      Cookie</p>	<p>5/5  <b>Penne &amp; Meatballs</b>                      Strawberry Spinach                      Salad                      Fruit Cup                      Ice Cream</p>	<p>5/6 <b>N</b>  <b>Sweet &amp; Sour                      Chicken</b>                      Brown Rice                      Green Salad                      Applesauce                      Chocolate                      Chip Cookie</p>	<p>5/7 <b>F</b>  <b>Eggplant Parmesan</b>  <b>Ziti w/Marinara</b>                      Caesar Salad                      Fruit Juice                      Sherbet</p>	<p>5/8 <b>*Limited RSVPS*</b>  <b>Stuffed Pepper</b>                      Carrot Raisin Salad                      Fruit Cup                      Brownie</p>
<p>5/11 <b>N</b>  <b>Chicken &amp; Biscuits</b>                      Green Beans                      Chickpea Salad                      Fruit Cup                      Berries &amp; Cream</p>	<p>5/12 <b>F</b>  <b>Meatloaf</b>                      Mashed Potatoes                      Carrots                      Corn Salad                      Applesauce                      Chocolate                      Chip Cookie</p>	<p>5/13 <b>N</b>  <b>Beef &amp; Broccoli</b>                      Brown Rice                      Spinach Mandarin                      Salad                      Juice                      Ice Cream</p>	<p>5/14 <b>N</b>  <b>Broccoli Cheddar                      Quiche</b>                      O'Brien Potatoes                      Caesar Salad                      Fruit Cup                      Oatmeal                      Raisin Cookie</p>	<p>5/15 <b>N</b>  <b>Crab Cakes</b>                      Rice Pilaf                      Carrots                      Coleslaw                      Applesauce                      Berries &amp; Cream</p>
<p><b>V</b> 5/18 Lunch  <b>Baked Ziti</b>  <b>5/18 Special Dinner</b>  <b>V</b> Eggplant                      Parmesan DINNER</p>	<p>5/19 <b>N</b>  <b>Chicken Cacciatore</b>                      Penne with Marinara                      Peas                      Green Salad                      Chocolate Pudding</p>	<p>5/20 <b>N</b>  <b>Cheeseburger                      w/LTO</b>                      Roasted Potatoes                      Green Beans                      Berries &amp; Cream</p>	<p>5/21 <b>F</b>  <b>Cornflake Chicken</b>                      Roasted Potatoes                      Carrots                      Coleslaw                      Fruit Cup                      Ice Cream</p>	<p>5/22 <b>N</b>  <b>Salisbury Steak</b>                      Mashed Potatoes                      Broccoli                      Juice                      Sherbet</p>
<p>  <b>5/25 CLOSED                      MEMORIAL                      DAY</b>                      HONORING ALL WHO SERVED</p>	<p>5/26  <b>Shrimp Scampi                      over Angel Hair</b>                      Peas                      Green Salad                      Fruit Cup                      Brownie</p>	<p>5/27 <b>N</b>  <b>Turkey Bolognese</b>                      Broccoli                      Spinach Mandarin                      Salad                      Juice                      Ice Cream</p>	<p>5/28  <b>Bacon, Shrimp +                      Corn Chowder</b>  <b>Full Turkey Sand.</b>                      Carrot Raisin Salad                      Oatmeal Raisin                      Cookie</p>	<p>5/29 <b>F</b>  <b>Chicken Parmesan</b>  <b>Ziti w/Marinara</b>                      Green Beans                      Carrot Raisin Salad                      Berries &amp; Cream</p>

Please call 518-459-2857 ext. 303 with reservations by 12 noon of the previous business day.

**V** = VEGETARIAN **N** = NEW ITEM **F** = FAVORITE \*Meal Alternatives Not Available Dinner\* Guests & Under 60 \$11.00

## **SPECIAL NOTICES:**

- ◆ **Regarding Friday 5/8**— Due to Mother's Day Fashion Show, Community Lunch will be taking place in an alternate room (Activities Room/Dance Studio) and has limited seating. RSVPs will be cut off when room capacity is hit.
- ◆ **New Menu & Dietician**- May begins our new 4-month summer cycle menu. You will see many new items, as Albany Cty. Dept. of Aging has a new registered dietician, we were able to change things up! All sandwiches will now be full sandwiches. Unfortunately, you will also see a smaller selection of desserts available, as many desserts served in the past are not up to current nutrition program standards.

## **Special Lunch Friday, May 1st at Noon**



Come enjoy tunes from a returning hit, Brian Zapel! Be sure to RSVP no later than 12pm on April 30<sup>th</sup>.

*Suggested contribution of \$3 for lunch and \$3 for entertainment.*

*Please call 518-459-2857 Ext. 303 no later than 12pm Thursday, April 30th to RSVP.*

## **Special Dinner Monday, May 18th at 5:00PM (doors 4:30)**

Come enjoy a captivating performance by Donny Elvis! Dinner will be Eggplant Parmesan, Ziti w/Marinara, Caesar Salad, a Fruit Cup & a Blondie.

*Suggested contribution of \$3 for dinner and \$3 for entertainment.*

*This event MAY sell out. RSVP early to guarantee your spot.*

*Reservations are due no later than Friday, May 15th by 12:00pm*

*518—459—2857 x 303*



## **RSVP & CANCEL NO LATER THAN 12PM BUISNESS DAY BEFORE 518-459-2857 EXT 303**

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 (Must Order—Not Available as Day-Of Change)** 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.***