

# COMMUNITY LUNCH

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



RSVP by 12pm business day before  
518 - 459 - 2857 x 303



Doors Open 11:30, Lunch Served at Noon

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

<b>Name (s)</b> <hr/> <b>Phone #</b> <hr/> <i>Please, Indicate Tuna/Egg/Fruit &amp; Yogurt Plate <b>Clearly Any Day Requested</b></i>		<b>7/1</b> <b>Cheeseburger with LTO</b> Roasted Potatoes Green Beans <input type="checkbox"/> Berries & Cream	<b>7/2</b> <b>Cornflake Chicken</b> Roasted Potatoes Carrots Fruit Cup <input type="checkbox"/> Ice Cream	<b>7/3</b> 
<b>7/6</b> <b>Chicken Marsala</b> Mashed Potatoes Broccoli Green Salad <input type="checkbox"/> Sherbet	<b>7/7</b> <b>Shrimp Scampi over Angel Hair</b> Peas Green Salad <input type="checkbox"/> Fruit Cup <input type="checkbox"/> Brownie	<b>7/8</b> <b>Turkey Bolognese over Brown Rice</b> Broccoli Spinach Mandarin <input type="checkbox"/> Salad <input type="checkbox"/> Ice Cream	<b>7/9</b> <b>Bacon, Shrimp &amp; Corn Chowder + Turkey Sandwich</b> <input type="checkbox"/> Carrot Raisin Salad <input type="checkbox"/> Cookie	<b>7/10 SPECIAL LUNCH</b> <b>Chicken Parmesan Ziti w/Marinara</b> Green Beans Carrot Raisin Salad <input type="checkbox"/> Berries & Cream
<b>7/13</b> <b>Meat Lasagna</b> Strawberry Spinach Salad Fruit Cup Chocolate Chip <input type="checkbox"/> Cookie	<b>7/14</b> <b>Beef Tips in Gravy over Egg Noodles</b> Broccoli Chickpea Salad Juice <input type="checkbox"/> Sherbet	<b>7/15</b> <b>Roasted Red Pepper &amp; Sausage Pizza</b> Zucchini Caesar Salad <input type="checkbox"/> Fruit Cup <input type="checkbox"/> Ice Cream	<b>7/16</b> <b>Lemon Garlic Baked Cod</b> Roasted Potatoes Green Salad Juice <input type="checkbox"/> Sugar <input type="checkbox"/> Cookie	<b>7/17</b> <b>Chicken Florentine</b> Brown Rice Carrot Raisin Salad Fruit Cup <input type="checkbox"/> Berries & Cream
<b>7/20 Lunch: Swedish</b> <b>Meatballs</b> <b>7/20 DINNER</b> Cornflake Chicken (see back for more) <b>LUNCH</b> <b>DINNER</b> <input type="checkbox"/> <input type="checkbox"/>	<b>7/21</b> <b>Goulash</b> Green Beans Whole Orange Chocolate Chip <input type="checkbox"/> Cookie	<b>7/22</b> <b>Minestrone Soup + Turkey &amp; Swiss Sandwich</b> Caesar Salad Applesauce <input type="checkbox"/> Sherbet	<b>7/23</b> <b>BBQ Chicken</b> Carrots Corn Salad Juice <input type="checkbox"/> Chocolate <input type="checkbox"/> Pudding	<b>7/24 (V)</b> <b>Macaroni &amp; Cheese</b> Spinach & Mandarin Salad Juice <input type="checkbox"/> Berries & Cream
<b>7/27</b> <b>Chili Con Carne</b> Cornbread Corn Salad Oatmeal Raisin <input type="checkbox"/> Cookie	<b>7/28</b> <b>Penne &amp; Meatballs</b> Strawberry & Spinach Salad Fruit Cup <input type="checkbox"/> Ice Cream	<b>7/29</b> <b>Sweet &amp; Sour Chicken</b> Brown Rice Green Salad <input type="checkbox"/> Chocolate Chip <input type="checkbox"/> Cookie	<b>7/30 (V)</b> <b>Eggplant Parmesan Ziti Marinara</b> Caesar Salad Juice <input type="checkbox"/> Sherbet	<b>7/31</b> <b>Stuffed Pepper</b> Carrot Raisin Salad Fruit Cup <input type="checkbox"/> Brownie

**RESERVATIONS & REGISTRATION REQUIRED. WALK-INS ONLY PERMITTED IF SPACE PERMITS.**

**SUGGESTED DONATION OF \$3.00. UNDER 60 & OUT OF STATE GUESTS \$11 FEE**

# COMMUNITY LUNCH



RSVP by 12pm business day before  
518 - 459 - 2857 x 303

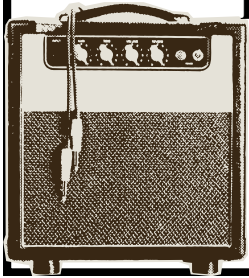


Available lunch alternates are: Tuna salad (tuna over lettuce), Egg salad (egg salad over lettuce), or Fruit, yogurt and granola platter (not available for dinner).

## SPECIAL LUNCH

**FRIDAY 7/10**

Special Lunch Friday, July 10th: Come enjoy a lunch favorite - Chicken Parmesan, and music by REDKING duo! Reservations are required, and due by Thursday, 7/9 at 12PM. *Suggested Donation of \$3.00 for lunch and \$3.00 for music.*



## SPECIAL DINNER

**MONDAY 7/20 AT 5PM (DOORS 4:30)**

Special Dinner Monday, July 20<sup>th</sup>  
Come enjoy a show called “Singing with Seniors” by Laura Melanie Collins and dinner with your community. Dinner served will be Cornflake Chicken, Roasted Potatoes, Carrots, Coleslaw, a Fruit Cup and Pecan Pie! RSVPs are required no later than Friday, July 17<sup>th</sup> at 12PM.  
*Suggested Donation of \$3 for dinner and \$3 for music*



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.