

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

8/3 Chicken & Biscuits Green Beans Chickpea Salad Fruit Cup ☐ Berries & Cream	8/4 Meatloaf w/Gravy Mashed Potatoes Carrots Corn Salad ☐ Chocolate Chip Cookie	8/5 Beef & Broccoli Brown Rice Spinach Mandarin Salad ☐ Juice Ice Cream	8/6 (V) Broccoli Cheddar Quiche O'Brien Potatoes Caesar Saslad ☐ Oatmeal Raisin Cookie	8/7 SPECIAL LUNCH Crab Cakes Rice Pilaf Carrots Coleslaw ☐ Berries & Cream
8/10 (V) Baked Ziti Caesar Salad Applesauce Sherbet ☐	8/11 Chicken Cacciatore Penne Marinara Peas Green Salad Chocoalte Pudding ☐	8/12 Cheeseburger with LTO Roasted Potatoes Green Beans ☐ Berries & Cream	8/13 Cornflake Chicken Roasted Potatoes Carrots ☐ Fruit Cup Ice Cream	8/14 Salisbury Steak Mashed Potatoes Broccoli Juice ☐ Sherbet
8/17 Lunch: Chicken Marsala 8/17 DINNER BBQ Chicken (see back for more) LUNCH DINNER ☐ ☐	8/18 Shrimp Scampi over Angel Hair Peas Green Salad ☐ Fruit Cup Brownie	8/19 Turkey Bolognese over Brown Rice Broccoli Spinach Mandarin Salad ☐ Ice Cream	8/20 Bacon, Shrimp & Corn Chowder Turkey Sandwich Carrot Raisin Salad ☐ Oatmeal Raisin Cookie	8/21 Chicken Parmesan Ziti w/Marinara Green Beans Carrot Raisin Salad ☐ Berries & Cream
8/24 Meat Lasagna Strawberry & Spinach Salad ☐ Fruit Cup Chocolate Chip Cookie	8/25 Beef Tips w/ Gravy over Egg Noodles Broccoli Chickpea Salad ☐ Juice Sherbet	8/26 Roasted Red Pepper & Sausage Pizza Zucchini Caesar Salad ☐ Fruit Cup Ice Cream	8/27 Lemon Garlic Baked Cod Roasted Potatoes Green Salad ☐ Juice Sugar Cookie	8/28 Chicken Florentine Brown Rice Carrot Raisin Salad ☐ Fruit Cup Berries & Cream
8/31 Swedish Meatballs over Egg Noodles Broccoli Green Salad ☐ Fruit Cup Brownie	Lunch Reminders • Cancellations are just as important as reservations. Please call to cancel. • This program has two objectives: nutrition and socialization. Tables are open community seating. You can only save one seat for a friend. Please be kind to eachother and do not turn people away.			Name (s) Phone # Please, Indicate Tuna/Egg/Fruit & Yogurt Plate Clearly Any Day Requested

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

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

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Available lunch alternates are: *MUST be ordered, not available as day-of change or as a walk-in* Tuna salad (tuna over lettuce), Egg salad (egg salad over lettuce), or Fruit, yogurt and granola platter. Not available for special dinner.

SPECIAL LUNCH

FRIDAY 8/7

Special Lunch Friday, August 7th:

Come enjoy a Crab Cake lunch, and a performance by duo Mary & Gary!

Reservations are required, and due by Thursday, 8/6 at 12PM.

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



SPECIAL DINNER

MONDAY 8/17 AT 5PM (DOORS 4:30)

Special Dinner Monday, August 17th:

Come enjoy a performance by “Mike Moss & Friends” and a barbeque chicken dinner. Dinner served is BBQ chicken, carrots, corn salad, and a blondie.

RSVPs are required no later than Friday, August 14th 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.

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