

Town of York – Center for Active Living – Lunch Menu April 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Mild Chicken Burrito Seasoned Pinto Beans Veggie Stix Muffin: Applesauce	2 Hamburger Chow Mein w/White Rice Oriental Vegetables Muffin: Honey Corn	3 White Cheddar Pasta & Ham Bake Vegetable Roll Muffin: Banana Choc. Chip	4 Baked Haddock Herb Roasted Potato Vegetable Muffin: Cranberry Orange
8 No Lunch No Muffins	9 No Lunch No Muffins	10 No Lunch No Muffins	11 No Lunch No Muffins
15 Hot Open Face Turkey Sandwich Potato & Vegetable Muffin: Strawberry	16 Hungarian Chicken Rice Pilaf Vegetable Muffin: Coconut	17 Kielbasa Sausage w/Cabbage & Onion Potato Vegetable Muffin: Maple Walnut	18 Chefs Salad w/Tomato & Veggie Tuna & Egg Crackers Muffin: Orange Yogurt
22 Chicken Patty on Roll w/Lettuce & Tomato Tater Tots & Pickle Muffin: Chocolate Chip	23 Teriyaki Meatballs White Rice Vegetable Muffin: Banana Nut	24 Stuffed Peppers w/Beef & Pork Roasted Potatoes Vegetable Muffin: Peanut Butter	25 Baked Seafood Au Gratin Rice Pilaf Vegetable Roll Muffin: Lemon
29 Bacon, Lettuce & Tomato Wrap Pickle Chips Muffin: Chocolate	30 Slow Roasted Swiss Steak W/Brown Rice Vegetable Roll Muffin: Cherry Yogurt	May 1 Italian Sausage Marinara Over Pasta Vegetable Garlic Bread Muffin: Peach	May 2 Breaded Baked Fish Diced Potatoes Vegetable Muffin: Blueberry Lemon

LUNCH PROGRAM PROCEDURES

Basic Information

- **Meals are homemade on-site by our Chef, Sean Carey.**
- **Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays** - Tuesdays, Thursdays, and Fridays are dine-in only; (Deliveries and pick-ups are available for those that meet the requirements below) Wednesdays you may select dine-in or pick-up.
- **Limited number of pick-ups and deliveries are available Tuesdays - Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine-in at the Center.** If you want to be considered for pick-up or delivery, please contact CAL Staff at 207-363-1036.
- **For Dine-In:** Please arrive by 11:30am, sign-in at the reception desk, and set-up you're eating space (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
- **For Pick-up on Wednesdays:** Please arrive after 12:20pm for lunch pick-up on Wednesdays. We ask that you park your car and enter the building. Check in with the front desk volunteer to request your preordered lunch pick-up.
- **Reservations are required.** Please make your reservation no later than the Friday prior to the week you desire a meal. If reservations have reached capacity, feel free to call back at a later time to see if anyone has cancelled and if there is a meal available.
- **Cost:** \$5.00 per meal per individual except when we're offering a special meal, which may be higher (e.g., lobster roll meal).
- **Meal cancellation or no show:** If you need to cancel a meal, please contact the center at least two days in advance in order to obtain a refund. For dine-in meals, if you are not here before noon, your meal may be given away. For pick-up meals, if you are going to be later than 12:45pm please call to let us know so we save your meal.

Muffins

- **Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays; see calendar for muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning.
- **Reservations are required:** Please make your reservation no later than the Friday prior to the week you desire the muffins. Occasionally, Sean may have some extras if you stop in and ask him in the morning.
- **Pick-Up:** Muffins may be picked up between 10am - 3:30pm.
- **Cost:** 5 muffins for \$2.50; 10 muffins for \$5.00

CAFÉ Mondays - Fridays, 9:00-11:00am (free)

Start your day off on a positive note with one of Sean's delicious muffins or other treats, coffee/tea/cocoa, and friends. This is a great opportunity to meet new people!