

**Town of York – Center for Active Living – Lunch Menu December 2024**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
3 Baked Chicken Parm w/Pasta & Red Sauce Vegetable  Muffin: Pineapple	4 Cheeseburger Macaroni Casserole Vegetable & Roll  Muffin: Cinnamon Crumb	5 Orange Pork Chop Brown Rice Vegetable  Muffin: Raspberry	6 Tuna Noodle Casserole w/Peas & Onions Vegetable  Muffin: Blueberry Lemon
10 Ham & Cheese Italian Sub Sandwich w/Veggies Chips  Muffin: Raisin Bran	11 Teriyaki Chicken Fried Rice Vegetable  Muffin: Banana Choc. Chip	12 Beef Pot Roast w/Gravy Mashed Potato Vegetable & Roll  Muffin: Orange Yogurt	13 Italian Haddock Bake w/Zucchini & Tomato Pasta & Vegetable  Muffin: Lemon Poppy
17 Chicken Patty on Roll w/Lettuce & Tomato Tater Tots & Pickle  Muffin: Sweet Cranberry	18 Turkey Tetrazzini Vegetable Italian Bread  Muffin: Blueberry	19 Mild Beef Bean Chili Mexican Rice Vegetable  Muffin: Honey Corn	20 Roast Pork Potato & Vegetable Roll <b>No Lunch Pick-up</b>  No Muffins
24 Breakfast Only <b>See Scoop for Details</b>	25 <b>Merry Christmas</b>	26 No Muffins or Lunch	27 No Muffins or Lunch
31 No Muffins or Lunch	January 1 <b>Happy New Year</b>	2 No Muffins or Lunch	3 No Muffins or Lunch

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7 Beef Sloppy Joes on Roll Cole Slaw Chips  Muffin: Chocolate Chip	8 Honey Mustard Chicken Rice Pilaf Vegetable  Muffin: Strawberry	9 Oriental Pork Chop Suey w/Vegetables Egg Noodles  Muffin: Pumpkin Spice	10 Haddock Florentine w/Spinach Brown Rice & Veggie  Muffin: Lemon Yogurt
14 Baked Mac n Cheese w/Hot Dog & Roll Vegetable  Muffin: Honey Corn	15 Swedish Meatballs w/Gravy Garlic Mashed Potato Vegetable  Muffin: Maple Walnut	16 Chicken Cacciatore w/Pasta Vegetable & Garlic Bread  Muffin: Coconut	17 Corn Chowder Haddock Square Sandwich Lettuce, Tomato & Pickle  Muffin: Wild Blueberry
21 Tomato Basil Soup Turkey & Swiss Melt Sandwich Pickle  Muffin: Applesauce	22 Hamburg Burgundy w/Egg Noodles Vegetable & Roll  Muffin: Peach	23 Waikiki Chicken w/Pineapple White Rice & Vegetable  Muffin: Chocolate	24 Seafood Pasta Alfredo Veggie & Italian Bread  Muffin: Orange Sour Cream
28 Bratwurst w/Peppers & Onions On a Bun Cole Slaw & Chips  Muffin: Banana Nut	29 Country Chicken Rice Pilaf Vegetable  Muffin: Cranberry Orange	30 Seasoned Beef Taco (soft) w/Lettuce & Tomato Spanish Rice  Muffin: Peanut Butter	31 Baked Haddock w/Tomato, Red Onion Mashed Potato & Veg  Muffin: 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!