

Town of York – Center for Active Living – Lunch Menu July 2024

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Salad Wrap w/ Lettuce & Tomato Pasta Salad Muffin: Blueberry Lemon	3 NO PICK- UP TODAY Cookout Day Burgers & Hotdogs Cold Salads Muffin: Wild Strawberry	4 CLOSED Muffin:	5 No Meals Muffin:
9 Tomato Basil Soup Turkey & Swiss Melt Pickle and Chips Muffin: Peanut Butter Choc Chip	10 Beef Shepard's Pie With Potato & Corn Vegetable Muffin: Cherry Yogurt	11 Oriental Pork Chop Suey w/ Vegetables Egg Noodles Muffin: Apple Cinnamon	12 Haddock Au Gratin Brown Rice Vegetable Muffin: Carrot
16 Baked Ham Scalloped Potato Vegetable Muffin: Honey Bran	17 Chicken Cacciatore w/ Pasta Sauce Vegetable Garlic Bread Muffin: Pumpkin Spice	18 Beef Pot Roast W/ Gravy Mashed Potato Vegetable Muffin: Cranberry Orange	19 Soft Mild Shrimp Taco w/ Lettuce & Tomato Refried Beans Muffin: Blueberry
23 Chef Salad w/ Turkey & Swiss Cheese Italian Bread Muffin: Cinnamon Crumb	24 Hamburg Burgundy w/ Egg Noodles Vegetable Roll Muffin: Berry	25 Waikiki Chicken w/ Pineapple White Rice Vegetable Muffin: Applesauce	26 Italian Haddock Bake w/ zucchini & Tomato Pasta Vegetable Muffin: Chocolate
30 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Choc Chip	31 Baked Mac & Cheese w/ Hotdog on a Roll Vegetable Muffin: Pineapple	August 1 Mild Beef & Bean Chili Mexican Rice Vegetable Muffin: Raspberry	August 2 New England Clam Chowder Tuna Melt Sandwich Pickle Muffin: Lemon Yogurt

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!