

**Town of York – Center for Active Living – Lunch Menu July 2025**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
8	9	10	11
Mild Beef and Bean Chili Mexican Rice Vegetable	Roast Turkey w/Gravy Mashed Potato Vegetable Roll	Orange Pork Chop Brown Rice Asian Veggies	Italian Haddock Bake w/Zucchini & Tomato Pasta in Red Sauce Vegetable
Muffin: Banana Nut	Muffin: Strawberry	Muffin: Blueberry	Muffin: Lemon
15	16	17	18
Chef's Salad w/Tomato & Egg Turkey & Swiss Cheese	Mushroom Pork w/Gravy Egg Noodles Vegetable Italian Bread	Hearty Beef Stew w/Potatoes & Veggies Biscuit	Shrimp Noodle Casserole w/Peas & Onion Vegetable
Muffin: Pumpkin	Muffin: Peach	Muffin: Raspberry Choc. Chip	Muffin: Orange Yogurt
22	23	24	25
Pulled BBQ Chicken on Roll Cole Slaw Pickle	Baked Ham Scalloped Potato Vegetable	Baked Chicken Parm w/Pasta & Red Sauce Vegetable	Baked Haddock Au Gratin Brown Rice Vegetable
Muffin: Chocolate Chip	Muffin: Coconut	Muffin: Sweet Potato	Muffin: Blueberry Lemon
29	30	31	August 1
Broccoli & Cheese Soup Turkey & Swiss Melt Pickle	Cheeseburger Macaroni Casserole Vegetable Roll	Chicken Ala King White Rice Vegetable	Seafood Salad on Sub Roll Pasta Salad w/Veggies Pickle
Muffin: Peanut Butter	Muffin: Chocolate	Muffin: Maple Walnut	Muffin: Cranberry Orange

# LUNCH PROGRAM PROCEDURES

**Due to the increase in food & material costs, it has become necessary to adjust the price of our CAL lunches. PLEASE NOTE: The new price of a CAL lunch will be \$7.00 per meal effective with the new menu on July 8th.**

## 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 pre-ordered 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:** \$7.00 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!