

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

<b><i>TUESDAY</i></b>	<b><i>WEDNESDAY</i></b>	<b><i>THURSDAY</i></b>	<b><i>FRIDAY</i></b>
3  No Meal	4  Waikiki Chicken w/Pineapple White Rice Vegetable  Muffin: Orange	5  Hamburg Burgundy w/Egg Noodles Vegetable & Roll  Muffin: Apple Cinnamon	6  Mild Shrimp Taco w/Lettuce & Tomato Refried Beans  Muffin: Blueberry Corn
10  Tomato Basil Soup Turkey & Swiss Melt Sandwich Pickle  Muffin: Strawberry Banana	11  Beef Shepards Pie w/Potato & Corn Vegetable  Muffin: Chocolate Cinnamon	12  Chicken Cacciatore w/Pasta Vegetable Garlic Bread  Muffin: Raspberry	13  Haddock Florentine w/Spinach Brown Rice & Vegetable  Muffin: Lemon Yogurt
17  Beef Sloppy Joe's Cole Slaw Chips  Muffin: Chocolate Chip	18  Country Chicken Rice Pilaf Vegetable & Roll  Muffin: Pumpkin Spice	19  <b>Closed Holiday</b>	20  No Meal
24  BBQ Chicken Breast Potato Salad Tomato/Cucumber Salad  Muffin: Honey Corn	25  Baked Mac & Cheese w/Hot Dog & Roll Vegetable  Muffin: Banana Bran	26  Beef Pot Roast w/Gravy Mashed Potato Vegetable & Roll  Muffin: Raspberry	27  Seafood Pasta Alfredo Veggie & Italian Bread  Muffin: Lemon Poppy
1  Veggie Stir Fry Fried Rice Pork Egg Roll  Muffin: Sweet Cranberry	2  Ham Italian Sub Sandwich w/Veggies Pickles & Chips  Muffin: Applesauce	3  CAL Cookout   No Muffin	4  <b>CLOSED Happy 4<sup>th</sup> of July</b>

# 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!