

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Broccoli and Cheese Soup Ham & Swiss Melts on Wheat Pickle Muffin: Banana Sour Cream	6 Chicken Ala King White Rice Vegetable Muffin: Chocolate Chip	7 Chopped Beef Patty w/Potato & Onions Vegetable Muffin: Blueberry Corn	8 Baked Haddock Au Gratin Brown Rice Vegetable Muffin: Honey Bran
12 Cheese Ravioli in Red Sauce Vegetable Italian Bread Muffin: Berry	13 Baked Ham Scalloped Potato Vegetable Muffin: Carrot	14 No Meal or Muffin	15 No Meal or Muffin
19 Veggie Stir fry Fried Rice Pork Eggroll Muffin: Chocolate Chip	20 Roast Turkey w/Gravy Mashed Potato Vegetable & Roll NO PICK-UP Muffin: None	21 Holiday Crafts Fair Set-up No Meal or Muffin	22 Holiday Crafts Fair No Meal or Muffin
26 Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Cherry Yogurt	27 Mushroom Pork w/Gravied Egg Noodles Vegetable Roll Muffin: Banana Nut	28 Happy Thanksgiving	29 CAL Closed

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!