

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Beef Sloppy Joes on Roll Cole Slaw Chips Muffin: Cranberry Orange	2 Country Chicken w/Gravy Mashed Potato Vegetable & Roll Muffin: Applesauce	3 Oriental Pork Chop Suey w/Vegetable Egg Noodles Muffin: Strawberry	4 Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Lemon Yogurt
8 Tomato Basil Soup Turkey Swiss Melt Sandwich Pickle Muffin: Honey Corn	9 Hearty Beef Stew w/Potato & Veggies Roll Muffin: Coconut	10 Chicken Cacciatore w/ Pasta Vegetable Garlic Bread Muffin: Banana Choc Chip	11 Haddock Florentine w/Spinach Brown Rice Vegetable Muffin: Orange Sour Cream
15 Baked Mac & Cheese w/Frank & Roll Vegetable Muffin: Peach	16 Hungarian Chicken Rice Pilaf Vegetable Muffin: Maple Walnut	17 Kielbasa Sausage w/Cabbage & Onion Potato Vegetable Muffin: Orange Yogurt	18 Mild Shrimp Taco w/Lettuce & Tomato Refried Beans Muffin: Wild Blueberry
22 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Chocolate Chip	23 Hamburg Burgundy w/Egg Noodles Vegetable Roll Muffin: Peanut Butter	24 NO LUNCH No Muffin	25 NO LUNCH No Muffin
29 Chefs Salad w/Turkey & Swiss Cheese Crackers Muffin: Apple Cinnamon	30 Beef Shepard's Pie w/Potato & Corn Vegetable Muffin: Raisin Bran	31 Spooky Spaghetti w/Meatball in Red Sauce Vegetable Italian Bread Muffin: Pumpkin	November 1 New England Clam Chowder Tuna Melt Sandwich Pickle 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.
- **Pre-ordering is required:** Please place your order 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!