

**Town of York – Center for Active Living – Lunch Menu April 2026**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
7	8	9	10
Chef's Salad w/Turkey & Swiss Cheese Tomato & Egg  Muffin: Pecan	Steak & Cheese On French Roll w/Pepper & Onions Chips & Coleslaw  Muffin: Chocolate	Chicken Ala King White Rice Vegetable  Muffin: Banana Nut	Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable  Muffin: Blueberry
14	15	16	17
Veggie Stir Fry Fried Rice Pork Egg Roll  Muffin: Honey Bran	Roast Turkey w/Gravy Mashed Potato Vegetable Roll  Muffin: Carrot	Italian Sausage Marinara Over Pasta Vegetable Garlic Bread  Muffin: Strawberry	Seafood Salad Sub Roll Pasta Salad w/Veggies Pickle  Muffin: Orange Yogurt
21	22	23	24
Tomato Basil Soup Turkey-n-Swiss Melt Pickle  Muffin: Chocolate Chip	Mushroom Pork w/Gravy Egg Noodles Vegetable Italian Bread  Muffin: Banana Bran	Mild Chicken Jambalaya w/Red Beans & Rice Vegetable  Muffin: Lemon Corn	Tuna Noodle Casserole w/Peas & Onions Vegetable  Muffin: Berry Sour Cream
28	29	30	May 1
<b>No Lunch</b>  Muffin: Pumpkin	Hungarian Chicken Rice Pilaf Vegetable  Muffin: Pineapple	Beef Pot Roast w/Gravy Mashed Potatoes Vegetable Roll  Muffin: Peanut Butter	Haddock Florentine w/Spinach Brown Rice Vegetable  Muffin: Sweet Potato

# LUNCH PROGRAM PROCEDURES

## Basic Information

- **Meals are homemade on-site by our Chef, Sean Carey.**
- **Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays** for in-house dining at CAL. (Deliveries are available for those that meet the requirements below.) If you find you need to change from dining-in to a pick-up order, please call and give staff ample notice to make that change, ideally by 10am on that morning or earlier if possible.
- **Limited number of 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 delivery (for York area residents), 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 your place setting (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
- **Dine-In Reservations are required.** Please make your reservation no later than 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).
- **For Pick-up Tuesdays-Fridays: Pick-up orders must be placed by Friday at 4pm for the upcoming week.** There may be a need to limit the number of pick-ups on certain meals on special meal days. Friday pick-up meals must be picked up by the end of the business day. Meals cannot be saved over the weekend. Please arrive after 12:20pm for lunch pick-up. When entering the building, please check in with the front desk volunteer to request your pre-ordered lunch pick-up.
- **Meal cancellation or no show:** If you need to cancel a meal, please contact the center at least two days in advance to obtain a user credit. For dine-in meals, if you are not here before noon, we may assume you will not be dining and your meal may be given away if you haven't called. 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 the muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning.
- **Reservations are required:** Please make your reservation no later than 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!