

Town of York – Center for Active Living – Lunch Menu December 2025

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9	10	11	12
Art's Lasagna w/Meat Sauce Garlic Bread Salad (No pickup or Delivery) No Muffins for Sale	Kim & Becky's Beef Stew w/Corn Bread (No pickup or Delivery) No Muffins for Sale	Baked Chicken Parm w/Pasta & Red Sauce Vegetable Muffin: Cherry Yogurt	Baked Haddock w/Tartar Sauce Herb Roasted Potato Vegetable Muffin: Coconut
16	17	18	19
Mild Chicken Jambalaya w/Red Beans Rice Vegetable Muffin: Chocolate Chip	Roast Pork w/Gravy Mashed Potatoes Vegetable & Roll No Muffins for Sale	Hamburger Chow Mein w/White Rice Oriental Veggies Muffin: Sweet Cranberry	Shrimp Noodle Casserole w/Peas & Onions Vegetable Muffin: Blueberry Corn
23	24	25	26
 Holiday Breakfast	No Meals or Muffins	 Closed Merry Christmas	No Meals or Muffins
30	31	January 1	2
No Meals or Muffins	No Meals or Muffins	 Closed Happy New Year	No Meals or Muffins

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6	7	8	9
Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Raisin Bran	Sauerbraten Meatballs Mashed Potatoes Vegetable & Roll Muffin: Berry	Italian Sausage Marinara Over Pasta Vegetable & Garlic Bread Muffin: Sweet Potato	Haddock Florentine w/Spinach Brown Rice Vegetable Muffin: Honey Corn
13	14	15	16
Grilled Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Orange Yogurt	Roast Chicken w/Gravy Mashed Potatoes Vegetable & Roll Muffin: Applesauce	Mild Beef & Bean Chili Mexican Rice Vegetable Muffin: Banana Nut	Breaded Baked Fish Diced Potatoes Vegetable Muffin: Lemon Poppy
20	21	22	23
Stuffed Shells w/Cheese and Red Sauce Vegetable Garlic Bread Muffin: Chocolate Chip	Baked Beans w/Hot Dog & Roll Cole Slaw Muffin: Strawberry	Hungarian Chicken Rice Pilaf Vegetable Muffin: Pumpkin	Tuna Noodle Casserole w/Peas & Onion Vegetable Muffin: Pineapple
27	28	29	30
Tomato Basil Soup Turkey & Swiss Melt Pickle Muffin: Chocolate	Kielbasa Sausage w/Cabbage & Onion Potato Vegetable Muffin: Peanut Butter	Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll Muffin: Carrot	Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Blueberry

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 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). Please plan to pay for meals when ordering.
- **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 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!