

Town of York – Center for Active Living – Lunch Menu February 2026

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion Muffin: Raspberry	4 New Meal Chicken Marsala w/Mushrooms & Wine Sauce Pasta Vegetable Muffin: Honey Bran	5 Oriental Pork Chop Suey w/Egg Noodles Vegetables Muffin: Maple Walnut	6 Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable Muffin: Lemon Yogurt
10 Homemade Chicken Noodle Soup Ham & Cheese Sandwich Chips Muffin: Apple Cinnamon	11 Meatloaf w/Gravy Mashed Potato Vegetable & Roll Muffins: Cranberry Orange	12 Baked Mac & Cheese w/Beef Hot Dog on Roll Vegetable Muffin: Pecan	13 Chicken Lovers Cordon Bleu Rice Pilaf Vegetable No Muffin
17 <i>Mardi Gras Party</i> <i>See Scoop for Details</i> No Muffin	18 Teriyaki Chicken Fried Rice Vegetable Muffin: Cinnamon Crumb	19 Baked Ham Scalloped Potato Vegetable Muffin: Orange Sour Cream	20 Corn Chowder Haddock Square Sandwich w/Lettuce & Tomato Pickle Muffin: Lemon
24 Grilled Reuben w/Corned Beef & Sauerkraut Tater Tots Pickle Muffin: Strawberry Banana	25 Chicken & Stuffing Bake Mashed Potato Vegetable Muffin: Blueberry Corn	26 Spaghetti & Meatballs Vegetable Garlic Bread Muffin: Coconut	27 Tuna Salad Sub w/Lettuce & Tomato Chips Pickle Muffin: Cherry Yogurt

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 (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 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 pre-ordered 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:** \$7.00 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!