

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 NO LUNCH Muffin:	4 NO LUNCH Muffin:	5 NO LUNCH Muffin:	6 NO LUNCH Muffin:
10 Vegetable Pasta Primavera In a Cream Sauce Italian Bread Muffin: Peach	11 Homemade Beef Stew Vegetable Roll Muffin: Maple Walnut	12 Mild Chicken Burrito Seasoned Pinto Beans Veggie Stix Muffin: Blueberry Corn	13 Italian Haddock w/ Zucchini & Tomato Pasta in Red Sauce Muffin: Lemon Yogurt
17 Corned Beef & Cabbage Potato and Vegetable Roll Muffin: NO MUFFINS	18 Country Chicken Rice Pilaf & Vegetable Roll Muffin: Raspberry Choc Chip	19 Cheeseburger Macaroni Casserole Vegetable Roll Muffin: Sweet Cranberry	20 New England Clam Chowder Tuna Melt Sandwich Pickle Muffin: Orange
24 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Choc Chip	25 Roasted Pork w/Gravy Mashed Potato Vegetable Roll Muffin: Honey Corn	26 Turkey Tetrazzini w/ Pasta & Mushrooms Vegetable Italian Bread Muffin: Mixed Berry	27 Baked Haddock Au Gratin Brown Rice Vegetable Muffin: Sweet Potato
31 Cheese Ravioli In Red Sauce Vegetable Muffin: Banana Choc Chip	April 1 Chicken Pot Pie w/ Potato Vegetable Muffin: Blueberry Bran	2 Ham Italian Sub Chips & Pickle Muffin: Applesauce	3 Shrimp Noodle Casserole w/ Peas & Onions Vegetable Muffin: Lemon Poppy

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!