

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

| TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 5 Pulled BBQ Chicken on Roll Cole Slaw Pickle Muffin: Cranberry Orange | 6 NEW MEAL Sausage & Egg w/Cheese Biscuit w/Home Fries Fruit Salad Cup Muffin: Raspberry | 7 Baked Chicken Parm w/Pasta & Red Sauce Vegetable Muffin: Raisin Bran | 8 Breaded Baked Fish Diced Potatoes Vegetable Muffin: Berry Banana |
| 12 Mild Beef & Bean Chili Mexican Rice Vegetable Muffin: Chocolate Cinnamon | 13 NO MEAL No Muffin | 14 NO MEAL No Muffin | 15 NO MEAL No Muffin |
| 19 Grilled Burger on Roll Pasta Salad w/Veggies Pickle Muffin: Chocolate Chip | 20 Roast Chicken w/Gravy Mashed Potato Vegetable & Roll Muffin: Honey Corn | 21 Pork Chow Mein w/White Rice Oriental Veggies Muffin: Maple Walnut | 22 Seafood Pasta Alfredo Vegetable Italian Bread Muffin: Orange Sour Cream |
| 26 BLT Wraps Seasoned French Fries Veggie Stix Muffin: Coconut | 27 Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll Muffin: PB Chocolate Chip | 28 American Chop Suey w/Ground Beef Side Tossed Salad Garlic Bread Muffin: Strawberry Banana | 29 Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable Muffin: Lemon Blueberry |
| June 2 Baked Mac-n-Cheese w/Beef Hot Dog on Roll Vegetable Muffin: Apple Cinnamon | 3 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion Muffin: Raspberry Choc. Chip | 4 Tuna Salad Sub w/Lettuce & Tomato Chips & Pickle Muffin: Blueberry Corn | 5 NO MEAL No Muffin |

LUNCH PROGRAM PROCEDURES

Basic Information

- **Meals are homemade on-site by our Chef, Sean Carey.**
- **Meal Admission Form** must be filled out by each dining participant prior to ordering a meal to keep the cost at \$7.00. Ask at the front desk for the Meal Admission Form.
- **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 menu for the muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning. Reserve your muffins no later than Friday prior to the week you want to pick up your order. Check with Sean, as he occasionally has extras.
- **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!