

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

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 Broccoli n Cheese Soup Turkey & Swiss Melt Pickle Muffin: Cranberry Orange	5 New Meal Chicken Pot Pie w/Potato & Veggie Muffin: Raspberry Choc Chip	6 Mushroom Pork w/Gravy Egg Noodles Vegetable & Italian Bread Muffin: Honey Corn	7 Baked Haddock Au Gratin Brown Rice Vegetable Muffin: Lemon
11 Closed	12 Roast Turkey w/Gravy Mashed Potato Vegetable & Roll (No Pick-Ups) No Muffins for Sale	13 Cheeseburger Macaroni Casserole Vegetable Roll Muffin: Peach	14 Seafood Salad Sub Roll Pasta Salad w/Veggies Pickle Muffin: Lemon Yogurt
18 Chef's Salad w/Turkey, Swiss Cheese, Tomato & Egg Muffin: Strawberry Banana	19 Baked Ham Scalloped Potatoes Vegetable Muffin: Cinnamon Crumb	20 Closed	21 Closed
25 Cheese Ravioli in Red Sauce Vegetable Italian Bread Muffin: Chocolate Chip	26 Ham Italian Sub Sandwich w/Veggies & Pickles Chips No Muffins for Sale	27 Closed	28 Closed
2 Veggie Stir Fry Fried Rice Portk Egg Roll Muffin: Honey Bran	3 Beef Pot Roast w/Gravy Mashed Potato Vegetable & Roll Muffin: Apple Cinnamon	4 Chicken Ala King White Rice Vegetable Muffin: Orange Sour Cream	5 Italian Haddock Bake w/Zucchini & Tomato Pasta in Red Sauce Muffin: Blueberry

LUNCH PROGRAM PROCEDURES

Due to the increase in food & material costs, it has become necessary to adjust the price of our CAL lunches. PLEASE NOTE: The new price of a CAL lunch will be \$7.00 per meal.

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!