Town of York – Center for Active Living – Lunch Menu October 2026			
TUESDAY	***WEDNESDAY***	***THURSDAY***	***FRIDAY***
6 Vegetable Pasta Primavera In a Light Cream Sauce Italian Bread Muffin: Banana Bran	7 Seasoned Chicken Taco Salad w/Veggies Tortilla Strips Muffin: Strawberry	8 Italian Sausage Marinara Over Pasta Vegetable and Garlic Bread Muffin: Sweet Cranberry	9 Baked Haddock w/Tarter Sauce Herb Roasted Potato Vegetable Muffin: Blueberry Lemon
13 Chicken Patty on Roll Tater Tots Cole Slaw Muffins: Chocolate Chip	14 Roast Beef w/Gravy Mashed Potato Vegetable and Roll Muffin: Apple Cinnamon	15 Chicken Ala King White Rice Vegetable Muffin: Mixed Berry	16 Tuna Salad Sub w/Lettuce & Tomato Chips & Pickle Muffin: Peanut Butter
20 Homemade Vegetable Soup Grilled Ham & Cheese Sandwich Chips & Pickle Muffin: Honey Corn	21 BBQ Chicken Breast Potato Salad Cole Slaw Muffin: Chocolate	22 **No Meal** **No Muffins**	23 **No Meal** **No Muffins**
27 Chefs Salad w/Turkey, Swiss, Tomato & Egg Crackers Muffin: Banana Nut	28 Hot Open Face Turkey Sandwich Potato & Vegetable Muffins: Berry Sour Cream	29 Sweet & Sour Pork White Rice Asian Vegetables Muffins: Pumpkin	30 ***Spooky Spaghetti & Meatballs*** ***Garlic Bread*** ***Vegetable*** ***$10.00*** No Muffins
November 3 Grilled Reuben w/Corned Beef & Sauerkraut Potato Chips & Pickle Muffins: Pecan	4 Chicken & Broccoli Casserole Vegetable Roll Muffins: Peach	5 Baked Ham Scalloped Potato Vegetable Muffins: Lemon	6 Baked Haddock w/Red Onion & Tomato Zizi in Red Sauce Vegetable Muffins: Blueberry

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. Bring your own bag to pack up your lunch and side dishes. 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!