

**Town of York – Center for Active Living – Lunch Menu September 2025**

<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
2 Stuffed Shells w/Cheese & Red Sauce Vegetable & Garlic Bread Knot  Muffin: Orange	3 Baked Beans w/Hot Dog & Roll Cole Slaw  Muffin: Honey Corn	4 Roast Chicken w/Gravy Mashed Potato Vegetable & Roll  Muffin: Peach	5 Seafood Pasta Alfredo Vegetable Italian Bread  Muffin: Lemon Yogurt
9 Seasoned Beef Taco w/Lettuce & Tomato Spanish Rice w/Onion  Muffin: Banana Bran	10 Hot Open Face Turkey Sandwich Potato & Vegetable  Muffin: Apple Cinnamon	11 Slow Roasted Swiss Steak w/Brown Rice Vegetable & Roll  Muffin: Raspberry	12 Tuna Noodle Casserole w/Peas & Onion Vegetable  Muffin: Blueberry
16 Grilled Burgers on a Roll Pasta Salad w/Veggies Pickle  Muffin: Chocolate Chip	17 Honey Mustard Chicken Rice Pilaf Vegetable  Muffin: Banana Nut	18 Stuffed Peppers w/Beef & Pork Roasted Potato & Veggie  Muffin: Strawberry	19 <b>STEAKOUT</b> <b>SEE SPECIAL EVENTS</b> <b>NO DELIVERY OR PICKUP</b>  No Muffins
23 Tomato Basil Soup Turkey Swiss Melt Pickle  Muffin: Lemon Poppy	24 Hamburger Chow Mein w/White Rice Oriental Fried Rice  Muffin: Sweet Cranberry	25 Italian Sausage Marinara Over Pasta Vegetable & Garlic Bread  Muffin: Orange Yogurt	26 No Lunch  No Muffin

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Sept. 30 Homemade Chicken Noodle Soup Ham & Cheese Sandwich  Muffin: Chocolate	1 Waikiki Chicken w/Pineapple White Rice & Vegetable  Muffin: Applesauce	2 Hamburg Burgundy w/Egg Noodles Vegetables & Roll  Muffin: Maple Walnut	3 Baked Haddock w/Red Onion & Tomato Garlic Mashed Potato Vegetable  Muffin: Cherry Yogurt
<b>October 7<sup>th</sup> thru 10<sup>th</sup> NO MEALS MORNING CAFÉ OPEN 9:00-11:00AM</b>			
14 Beef Sloppy Joe's Cole Slaw Chips  Muffin: Coconut	15 Country Chicken Rice Pilaf Vegetable & Rolls  Muffin: Sweet Potato	16 Meat Loaf w/Gravy Mashed Potato Vegetable & Roll  Muffin: Peanut Butter	17 Corn Chowder Haddock Sq. Sandwich w/Lettuce, Tom. & Pickle  Muffin: Blueberry Lemon
21 BBQ Chicken Breast Potato Salad Cole Slaw  Muffin: Chocolate Chip	22 Beef Shepard's Pie w/Potato & Corn Vegetable  Muffin: Berry	23 Oriental Pork Chop Suey w/Egg Noodles Vegetables  Muffin: Banana Nut	24 No Lunch  No Muffin
28 Tuna Salad Sub w/Lettuce & Tomato Pickles & Chips  Muffin: Pineapple	29 Baked Mac & Cheese w/Beef Hot Dog on Roll Vegetable  Muffin: Carrot	30 Teriyaki Chicken Fried Rice Vegetable  Muffin: Orange Yogurt	31 Spooky Spaghetti & Meatballs Vegetable & Garlic Bread  Muffin: Pumpkin

# 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, 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 you're 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 preordered 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!