

Center for Active Living - February 2020 - Luncheon Menu

Donation \$4.00 per meal per person except for Valentine's Day Luncheon. Register at 207-363-1036 by 4pm the day prior to the meal you would like to enjoy with us. Valentine's Day Luncheon and Roast Turkey Dinner require an earlier advance registration at the office, payment at time of registration, and has limited take-out option. Valentine's Day Luncheon pricing: \$6.00 for strip steak and \$5.00 for haddock. *Bring a Friend to Lunch Days:* Invite a friend who is 50+ years of age who has not been to the Center before to join you for a free lunch (reservation required by 4pm the day prior).

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Spiral Ham with Pineapple, Mac & Cheese, Vegetable	4 Garden Salad Chicken Cacciatore over Spaghetti, Garlic Bread	5 <i>Bring a Friend to Lunch!</i> Roast Pork Dinner, Mashed Potato, Vegetable, Applesauce	6 Hot Dogs & Baked Beans, Cole Slaw	7 CHOICE DAY Seafood Pie <i>or</i> Baked Haddock, Rice Pilaf, Vegetable
10 Garden Salad, Spaghetti with Meat Sauce, Meatballs/ Sausage	11 Homemade Soup, Philly Cheese Steak Sandwich, Chips, Pickle	12 Chunky Beef Stew over rice/biscuit, vegetable	13 Boneless Chicken Breast with Mushroom Sauce, Rice Pilaf, Vegetable	14 <i>Valentine's Day Luncheon</i> <i>(Register by Tues. 2/11)</i> Strip Steak <i>or</i> Baked Haddock, Roasted Red Potato, Vegetables
17 CLOSED President's Day	18 Teriyaki Chicken Breast, Fried Rice, Egg Roll, Vegetable	19 CHOICE DAY <i>Wellness Day</i> Split Pea Soup, Cheeseburger <i>or</i> Veggie Burger on a bun (or not) with let- tuce & tomato, chips	20 Garden Salad, Homemade Lasagna, Meatball/Sausage, Garlic Bread	21 CHOICE DAY Baked Haddock Floren- tine or Plain Baked Haddock, Potato Au Gratin, Vegetable
24 Mini Meatloaf, Mashed Potato, Vegetables	25 <i>Birthday Day</i> Shepherds Pie, Vegetable, Corn Muffin	26 Roast Turkey Dinner With All The Fixins! <i>(Register by Mon. 2/24)</i>	27 <i>Beach Party Day</i> <i>Bring a Friend to Lunch!</i> Island Chicken, Twice Baked Potatoes, Zucchini Boats	28 Baked Haddock with Crumbs, Rice Pilaf, Vegetable