

## Town of York - Center for Active Living September 2021 - Lunch Menu

REGISTRATION BEGINS Thursday, September 2, 9:30am for York Residents and 1:00pm for Non-York Residents. See p. 9 for additional information. Reservation required by noon the Friday prior to the meal you would like; call 207-363-1036, Monday – Friday, 9:30am-3:30pm. Special Meal only one per person. Order early as limited number of meals per day.

Tuesday LUNCH TO-GO	Wednesday DINE-IN ONLY	Thursday LUNCH TO-GO	Friday LUNCH TO-GO
14	<b><u>ANNUAL "STEAKOUT"</u></b> 15	16	<b><u>CHOICE DAY</u></b> 17
Spaghetti with Meat Sauce, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Hawaiian</i>	Choice of Strip Steak (\$9.00) or Chicken (\$6.00), Potato Salad, Corn on the Cob and More <i>Muffin: Pumpkin Streusel</i>	Beef Barley Soup, Grilled Herb Chicken Sandwich on a Bun with Lettuce and Tomato, Chips, Crackers <i>Muffin: Banana Choc Chip</i>	Baked Haddock with Seafood Crumb Topping or Plain Haddock, Rice Pilaf, Vegetable <i>Muffin: Cranberry Corn</i>
21	22	23	<b><u>CHOICE DAY</u></b> 24
Spiral Sliced Ham with Pineapple, Mac & Cheese, Vegetable <i>Muffin: Mixed Berry</i>	Mini Meatloaf Smashed Red Potato, Vegetable, Corn Muffin <i>Muffin: Apple Spice</i>	Stuffed Pepper with Red Sauce, Mashed Potato, Vegetable <i>Muffin: Blueberry Bran</i>	Baked Haddock with Florentine or Plain Baked Haddock Au Gratin Potato, Vegetable <i>Muffin: Peanut Butter &amp; Jelly</i>
28	<b><u>BRUNCH AT LUNCH</u></b> 29	30	October 1
Stuffed Shells Topped with Cheese, Meatball/Sausage, Vegetable, Garlic Bread <i>Muffin: Sweet Georgia</i>	Bacon N'Ham Quiche or Broccoli N'Spinach Quiche Side of Pancakes, Sausage, Muffin <i>Muffin: Banana Walnut</i>	Pork Chop with Pepper and Onion, Mashed Potato, Gravy <i>Muffin: Maine Wild Blueberry</i>	Corn Chowder, Fish Sandwich on a Bun, Chips, Crackers, Coleslaw <i>Muffin: Cranberry Orange</i>
October 5	October 6	October 7	October 8
Homemade Soup, Grilled Reuben Sandwich, Chips, Crackers <i>Muffin: Cranberry Corn</i>	Salisbury Steak with Peppers, Onions, and Mushrooms, Mashed Potato, Vegetable <i>Muffin: Lemon Blueberry</i>	Shepherd's Pie, Vegetable, Corn Muffin <i>Muffin: Cherry Choc Chip</i>	Baked Haddock with Crumb Topping, Rice Pilaf, Vegetable <i>Muffin: Mixed Berry</i>

*We appreciate your patience, as menu items may change due to staffing & stock availability.*