



# Town of York - Center for Active Living - January 2022 - Lunch Menu

REGISTRATION BEGINS Wednesday, January 5 at 9:30am for York Residents and 1:00pm for Non-York Residents. See p. 6 for additional information. Reservation required by noon the Friday prior to the meal you would like. Muffins are extra and need to be ordered separately. To register, call 207-363-1036 or stop by, Monday – Friday, 9:30am-3:30pm.



Tuesday LUNCH TO-GO	Wednesday DINE-IN ONLY	Thursday LUNCH TO-GO	Friday LUNCH TO-GO
11	12	13	<u>CHOICE DAY</u> 14
<b>Mini-Meatloaf,</b> Mashed Potato, Vegetable <i>Muffin: Maine Wild Blueberry</i>	<b>Chunky Beef Stew,</b> Over Rice or Biscuit, Vegetable <i>Muffin: Sweet Georgia</i>	<b>Chunky Tomato Soup, Grilled Chicken Sandwich on a Bun</b> with lettuce and tomato, chips <i>Muffin: Cinnamon Peach</i>	<b>Baked Haddock Florentine <u>or</u> Plain Baked Haddock with Crumbs, Vegetable, Rice Pilaf</b> <i>Muffin: Blueberry Bran</i>
18	19	20	21
<b>Chicken A La King</b> over rice, Vegetable <i>Muffin: Blueberry Corn</i>	<b>No Lunch Today</b>	<b>American Chop Suey</b> with cheese, Vegetable, Corn Muffin <i>Muffin: Pumpkin Streusel</i>	<b>Corn Chowder, Haddock Fish Sandwich on a Bun,</b> Roasted Potato, Cole Slaw <i>Muffin: Orange Cranberry</i>
25	26	27	<u>CHOICE DAY</u> 28
<b>Spaghetti with Meat Sauce, Meatball/Sausage,</b> Vegetable, Garlic Bread <i>Muffin: Honey Raisin Bran</i>	<b>Turkey Barley Vegetable Soup, Philly Cheese Steak Sandwich, Chips, Pickle</b> <i>Muffin: Mixed Berry</i>	<b>Spiral Sliced Ham with Pineapple, Mac &amp; Cheese,</b> Vegetable <i>Muffin: Peanut Butter &amp; Jelly</i>	<b>Seafood Newburgh <u>or</u> Baked Haddock with Crumb Topping, Rice, Vegetable</b> <i>Muffin: Banana Walnut</i>
February 1	February 2	February 3	<u>CHOICE DAY</u> February 4
<b>Open Face Hot Turkey Sandwich</b> with stuffing and gravy, cranberry sauce, Potato, Vegetable <i>Muffin: Cranberry Corn</i>	<b>No Lunch Today</b>	<b>Homemade Chili with Hot Dog, Corn Chips, Pickled Beets</b> <i>Muffin: Sweet Georgia</i>	<b>Baked Haddock with Shrimp Sauce <u>or</u> Plain Baked Haddock with Crumb Topping,</b> Rice Pilaf & Vegetable <i>Muffin: Hawaiian</i>

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