

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

Registration: York Residents begin Thursday, Sept. 29, 9am and Non-Residents begin Friday Sept. 30, at 9am. See p. 10 of *The Scoop* for lunch program details. Reservation deadline: *Friday by 2pm prior to the meal you desire*; call 207-363-1036, Monday – Friday, 9:00am-3:30pm. Meals are limited to one per person. Meals are \$5.00 each except for Special Meals. **October 28<sup>th</sup> Lobster Roll \$16.00.** Order early as there are a limited number of meals per day. Muffins are not part of the meal; order separately (5 muffins - \$2.50; 10 muffins - \$5.00).

Tuesday	Wednesday	Thursday	Friday CHOICE DAY
4	5	6	7
<b>Everyone’s Favorite Meatloaf,</b> Mashed Potato, Vegetable  <i>Muffin: Cranberry Corn</i>	<b>Broccoli Cheese Soup,</b> <b>BBQ Pork Sandwich on a Bun,</b> Chips, Crackers  <i>Muffin: Wild Maine Blueberry</i>	<b>Roast Pork Dinner,</b> Stuffing, Potato and Vegetable, Applesauce  <i>Muffin: Banana Bran</i>	<b>Seafood Newburg or Plain Baked Haddock,</b> Roasted Potato, Vegetable  <i>Muffin: Pumpkin Streusel</i>
11	12	13	14
<b>Beef Stroganoff over Egg Noodles,</b> Vegetable  <i>Muffin: Cherry Choc Chip</i>	<u><b>FALL FEST</b></u> <b>Burgers &amp; Dogs on The Grill,</b> Side Salads and More  <i>Muffin: Banana Walnut</i>	<b>Mushroom Barley Soup,</b> <b>Our Own Italian Sub Sandwich,</b> Chips, Crackers <i>Muffin: Cinnamon Peach</i>	<b>Haddock Florentine or Plain Baked Haddock,</b> Spanish Rice, Vegetable  <i>Muffin: Honey Raisin Bran</i>
18	19	20	21
<b>Chicken A La King over Rice,</b> Vegetable, Corn Muffin  <i>Muffin: Lemon Blueberry</i>	<u><b>Dinner 4:45</b></u> <b>Our Own Lasagna with Meat Sauce, Meatball/Sausage,</b> Vegetable, Garlic Bread  <i>Muffin: Pumpkin Streusel</i>	<b>Spiral Baked Ham with Pineapple,</b> Baked Beans, Vegetable  <i>Muffin: Peanut Butter Choc Chip</i>	<b>Haddock with Shrimp Sauce <u>OR</u> Plain Baked Haddock,</b> Spanish Rice Pilaf, Vegetable  <i>Muffin: Blueberry Corn</i>
25	26	27	28
<b>15 Bean Soup with Vegetables,</b> <b>Meatball Sub with Cheese,</b> Chips, Crackers  <i>Muffin: Banana Choc Chip</i>	<b>Mini Meatloaf,</b> Mashed Potato, Gravy and Vegetable  <i>Muffin: Mixed Berry</i>	<b>Country Breaded Chicken,</b> Potato & Egg Salad, Cole Slaw, Corn Muffin  <i>Muffin: Orange Cranberry</i>	<b>Haddock Fish Chowder,</b> <b>Lobster Roll or 2 Haddock Chowders,</b> Cole Slaw & Chips, Crackers  <i>Muffin: Pumpkin Cranberry</i>

**MENU SUBJECT TO CHANGE BASED ON FOOD AVAILABILITY; Thank you for your understanding!**