

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

Registration: York Residents begin Thursday, Oct. 27 at 9am and Non-Residents begin Friday Oct. 28 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. All meals are \$5.00 each. 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
1 Chicken Cacciatore over Spaghetti, Vegetable, Garlic Bread <i>Muffin: Cinnamon Peach</i>	2 Chicken and Rice Soup, Melty Ham & Cheese with Tomato Sub, Chips, Crackers <i>Muffin: Cranberry Walnut</i>	3 Teriyaki Chicken Breast, Fried Rice, Egg Roll, Vegetable <i>Muffin: Peanut Butter & Jelly</i>	4 Seafood Pie <u>or</u> Plain Baked Haddock, Rice Pilaf, Vegetable <i>Muffin: Honey Raisin Bran</i>
8 Chunky Beef Stew over Rice or Biscuit, Vegetable, Corn Muffin <i>Muffin: Cranberry Corn</i>	9 Chicken with Mushroom Sauce, Rice Pilaf, Vegetable <i>Muffin: Blueberry Bran</i>	10 Stuffed Cabbage Rolls, Smashed Potatoes, Vegetable <i>Muffin: Sweet Georgia</i>	11 Veteran's Day Closed
15 Corn Chowder, Grilled Reuben Sandwich, Chips, Crackers <i>Muffin: Apple Streusel</i>	16 Salisbury Steak with Peppers & Onions, Smashed Potato, Vegetable <i>Muffin: Peanut Butter Choc Chip</i>	17 <u>Thanksgiving Prelude</u> Roast Turkey with All the Fixins <i>Muffin: Pumpkin Cranberry</i>	18 Haddock with Shrimp Sauce <u>or</u> Plain Baked Haddock, Spanish Rice Pilaf, Vegetable <i>Muffin: Wild Maine Blueberry</i>
22 Everyone's Favorite Meatloaf, Smashed Potato, Vegetable <i>Muffin: Blueberry Corn</i>	23 CLOSED	24 THANKSGIVING	25 CLOSED
29 Broccoli Cheese Soup, Our Own Italian Sub, Chips, Crackers <i>Muffin: Lemon Blueberry</i>	30 Chunky Beef Stew over Rice, Vegetable, Corn Muffin <i>Muffin: Cherry Choc Chip</i>	1 Pork Chop with Peppers & Onions, Mashed Potato, Vegetable <i>Muffin: Pineapple Cherry</i>	2 Haddock Fish Chowder & Seafood Salad Roll <u>or</u> 2 Chowders Chips, Crackers, Cole Slaw <i>Muffin: Cinnamon Peach</i>

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