

Town of York – Center for Active Living – Lunch Menu September 2023

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Beef Ziti Marinara Vegetable Garlic Bread Muffin: Apple Cinnamon	6 Hungarian Chicken Bake Rice Pilaf Vegetable Muffin: Banana Walnut	7 Pork Chops w/Egg Noodles in Mushroom Gravy Vegetable Muffin: PB&J	8 Baked Haddock w/tomato, red onion Roasted Potato & Vegetable Muffin: Lemon
12 Broccoli & Cheese Soup Ham & Cheese Sub w/tomato Muffin: Chocolate Chip	13 Homemade Meatloaf Mashed Potato w/Gravy Vegetable Muffin: Berry	14 Chicken Cacciatore w/Pasta Vegetable Garlic Bread Muffin: Pineapple	15 Baked Cod w/Sweet Chili Sauce Brown Rice Vegetable Muffin: Cranberry
19 Pulled Pork Baked Beans Coleslaw Muffin: Blueberry	20 Oven Fried Chicken Rice Pilaf Vegetable Muffin: Corn	21 Spaghetti w/Meat Sauce Vegetable Garlic Bread Muffin: Chocolate Cinnamon	22 Baked Haddock w/Zucchini & Tomato Garlic Mashed Potato Muffin: Lemon Poppy
26 Seasoned Beef Tacos w/Lettuce & Tomato Muffin: Cinnamon	27 Baked Ham Mac & Cheese Vegetable Muffin: Raisin Bran	28 Stir Fry Chicken Over Rice Medley Asian Vegetables Muffin: Chocolate Chip	29 Corn Chowder Haddock Sandwich w/Lettuce & Tomato Chips Muffin: Peanut Butter Apple



Welcome Aboard Sean!



LUNCH PROGRAM PROCEDURES

Basic Information

- **Meals are homemade on premise by our Chef, Sean Carey.**
- **Lunch is available Tuesdays, Wednesdays, Thursdays, and Fridays** - Tuesdays, Thursdays, and Fridays are dine-in only; Wednesdays you may select to do dine-in (eat indoors or outdoors at the Center) or drive-thru.
 - ▶ **For Dine-In:** Please arrive by 11:30am, sign-in at the reception desk, and set-up your eating space (select a seat, gather silverware, obtain beverage). Volunteer assistance is available if needed (request when signing in).
 - ▶ **For Drive-thru on Wednesdays:** Please get in line in your car at 12:20pm. Drive-thru is open 12:20-12:30pm. You will circle the parking lot and end up in front of the main door facing the driveway. A volunteer will take your name and another volunteer will bring you your meal.
- **Reservations are required.** Please make your reservation no later than the Friday prior to the week you desire a meal. Feel free to call at a later time to see if anyone has cancelled and there is a meal available.
- **Cost:** \$5.00 per meal per individual except when special meal, which may be higher (e.g., lobster roll meal).
- **Meal cancellation or no show:** If you need to cancel a meal, please contact the Center at least two days in advance in order to obtain a refund. *For dine-in meals*, if you are not here before noon, your meal may be given away. *For drive-thru meals*, if you are not here by 12:45pm, your meal may be given away. If you need to arrive late due to an emergency, please call as soon as you know.
- **Limited number of pick-ups and deliveries are available Tuesdays - Fridays for individuals who, due to medical/health or mobility conditions/issues, are unable to dine-in at the Center.** If you want to be considered for pick-up or delivery, please contact Art, Program Coordinator (207-363-1036).

Muffins

- **Muffins are available Tuesdays, Wednesdays, Thursdays, and Fridays; see calendar for muffin of the day.** Occasionally, Sean may have muffins available on a Monday morning.
- **Reservations are required:** Please make your reservation no later than the Friday prior to the week you desire the muffins. Occasionally, Sean may have some extras if you stop in and ask him in the morning.
- **Pick-Up:** Muffins may be picked up between 10am - 3:30pm.
- **Cost:** 5 muffins for \$2.50; 10 muffins for \$5.00

CAFÉ Mondays - Fridays, 9:00-11:00am (free)

Start your day off on a positive note with one of Sean's delicious muffins or other treat, coffee/tea/cocoa, and friends!!!! *Don't be shy, come alone or with others. This is a great opportunity to meet new people.*