









Cohen Dining Menu

April 2019

Monday: \$6.50 for all
 Tuesday—Friday
 Under Age 60: \$6.50
 60 and Older: Suggested \$5.00 Donation

Lunch is offered to the public from 11:00 a.m. — 12:30 p.m., Monday — Friday

Mon	Tue	Wed	Thu	Fri
1 \$6.50 Cost For All Chicken Marsala Buttered Egg Noodles Ginger Carrots	2  Egg Fu Yung Fried Rice V Stir Fry Vegetable V Fortune Cookie Fruit/fruit juice Garden Salad	3 Stuffed Pork Chop Baked Apple Vegetable Medley Fruit/fruit juice Garden Salad	4 Beef Tips Garlic Mashed Potatoes Almond Green Beans Fruit/fruit juice Garden Salad	5 Popcorn Shrimp French Fries Cole Slaw Garden Salad Fruit/fruit juice 🎵 Swingtime
8 \$10.00 Cost For All Fillet Mignon Lobster Bisque Twice Baked Potatoes Asparagus Please RSVP	9  Baked Ham Polenta Cakes Sweet Potatoes V Peas & Mushrooms V Fruit/Fruit Juice	10 Roast Chicken Gravy Rice Mixed Vegetable Fruit/fruit juice Garden Salad 🎵 Deb Sandler	11 Hot Turkey Sandwich Mashed Potato Gravy Broccoli Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	12 Maple Glazed Salmon Scalloped Potatoes Peas & Carrots Garden Salad Fruit/fruit juice 🎵 Dave McInnis
15 \$6.50 Cost For All Maple Rosemary Pork Loin Scalloped Potatoes Fruit/fruit juice Garden Salad	16  Chicken Pot Pie or Veggie Pot Pie V Mixed Vegetable V Fruit/fruit juice Garden Salad 🎵 Paul Barrett Theresa Hallowell	17 Meatloaf Baked Potato Green Beans Fruit/fruit juice Garden Salad 🎵 Dave Fisher	18 Lasagna Green Beans Garlic Bread Garden Salad Fruit/fruit juice	19 Baked Chicken Roast Potatoes Vegetable Medley Matzo Ball Soup Kugel Fruit/fruit juice 🎵 Denny Harnish
22 \$6.50 Cost For All Haddock with Cheese Sauce Rice Pilaf Broccoli	23  BBQ Pulled Pork Or BBQ Jack Fruit V Mac & Cheese Corn Bread Cole Slaw 🎵 Mike Theriault	24 Chicken Cacciatore Pasta Green Beans Garlic Bread Garden Salad Fruit/fruit juice 🎵 Dave McInnis	25 Breakfast Volunteer Party 7am \$5.00 Eggs Pancakes Sausage Home Fries Fruit No lunch	26 Hearty Beef Chili Baked Potato Roasted Corn Fruit/fruit juice Garden Salad 🎵 Swingtime
29 \$6.50 Cost For All Roast Turkey Stuffing Mashed Potato Butternut Squash Garden Salad Fruit/fruit juice	30  Cheeseburgers Walnut Burgers V Potato Salad Cole Slaw Corn Fruit/fruit juice 🎵 Deb Sandler		 Every date marked with a bushel of vegetables includes a vegetarian option.	

V indicates vegan

Please note that the menu is subject to change.

Cohen on the Meadows Catering

Cohen on the Meadows Catering is a division of Spectrum Generations, providing full-service catering and event planning services to the Central Maine area. Our catering team offers fully customizable menus, can accommodate large gatherings or small parties, multiple room rental spaces, flexibility and two locations in Hallowell and Waterville.


**All proceeds from Cohen on the Meadows catering are reinvested into
 Spectrum Generations' Nutrition programs.**

For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

Cohen Center Activities

April 2019

☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
<p>1</p> <p>12:00 p.m. Blood Pressure Clinic</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>2</p> <p>9:00 a.m. Rug Hooking</p> <p>10:00 a.m. Ibis</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>3</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Contract Bridge</p>	<p>4</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>5</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>8</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>9</p> <p>☆ 10:00 a.m. Ask the Financial Advisor</p> <p>9:00 a.m. Rug Hooking</p> <p>12:00 pm. Family Care Giver Support</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>10</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Contract Bridge</p>	<p>11</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p> <p>☆ 1:00 p.m. Medicare 101</p> <p>☆ 1:30 p.m. Cooking Class</p>	<p>12</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>15</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>16</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>17</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Contract Bridge</p>	<p>18</p> <p>9:30 a.m. Chair Yoga</p> <p>☆ 10:00 a.m. Cell Phone Class</p> <p>10:00 a.m. Lunch & Learn</p> <p><i>A Jaunt Through Maine's History</i></p> <p>1:00 p.m. Bridge</p>	<p>19</p> <p>9:00 a.m. TOPS</p> <p>☆ 12:00 p.m. Tarot Readings</p> <p>12:30 p.m. Book Club</p>
<p>22</p> <p>☆ 8:30 a.m. Medicare 101</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>23</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>24</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Contract Bridge</p>	<p>25</p> <p>7:00 a.m. Breakfast - 8:30 a.m.</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>26</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>29</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>30</p> <p>9:00 a.m. Rug Hooking</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>			<p>April showers... bring May flowers!</p> 



Spectrum Generations is an Equal Opportunity Provider.

Please let us know if you require special accommodations at least two weeks prior to the event.