



Cohen Dining Menu

December 2018

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
3 \$10.00 Cost For All Clam Chowder Lobster Roll French Fries Coleslaw Veggie Sticks and Dip	4  Hearty Beef Chili or Vegetable Chili V Baked Potato Confetti Corn 🎵 Bonnie Hendsbee	5 Baked Ham Creamy Mac & Cheese Peas & Mushrooms Fruit/fruit juice Garden Salad 🎵 Dave McInnis	6 Spaghetti & Meatballs Garlic Bread Green Beans Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	7 Chicken Pot Pie Broccoli Fruit/fruit juice Garden Salad 🎵 Swingtime
10 \$6.50 Cost For All Roast Pork Au Gratin Potatoes Ginger Carrots Fruit/fruit juice Garden Salad	11  Egg Fu Yung Fried Rice V Egg Roll Fortune Cookie Fruit/fruit juice Garden Salad 🎵 Paul Barrett Theresa Hallowell	12  No Lunch Served Today Volunteer Holiday Party	13 Breakfast for Lunch French Toast Sausage Scrambled Eggs Homefries Fruit/fruit juice	14 Beef Stew Baked Potato Garden Salad Fruit/fruit juice Garden Salad 🎵 Denny Harnish
17 \$6.50 Cost For All Haddock w/Cheese Sauce Rice Pilaf Fruit/fruit juice Garden Salad	18  Creamy Mac & Cheese Pulled Pork or BBQ Jackfruit V Confetti Corn 🎵 Mike Theriault	19 Roast Chicken Oven Roasted Potatoes Broccoli Fruit/fruit juice Garden Salad 🎵 Dave Fisher	20 Meatloaf Mashed Potatoes Green Beans Garden Salad Fruit/fruit juice 🎵 Country Gentlemen	21 American Chop Suey Mixed Vegetables Fruit/fruit juice Garden Salad 🎵 Swingtime
24 \$6.50 Cost For All Turkey Dinner Gravy Stuffing Mashed Potatoes Peas and Carrots Fruit/fruit juice	25 Center Closed 	26 Smothered Pork Chop Baked Potatoes Corn Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee	27 Honey-Ginger Salmon Rice Pilaf Peas Fruit/fruit juice Garden Salad 🎵 Deb Sandler	28 Chicken Carbonara Garlic Breadsticks Broccoli Fruit/fruit juice Garden Salad 🎵 Dave McInnis
31 \$6.50 Cost For All Tourtiere Pie (pork pie) Buttered Corn Fruit/fruit juice Garden Salad		 Every date marked with a bushel of vegetables includes a vegetarian option.		

V—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)


SPECTRUM GENERATIONS IS AN EQUAL OPPORTUNITY PROVIDER

Cohen Center Activities

December 2018

A star ★ indicates that registration is required. A check mark indicates that registration is suggested.

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>★ 9:00 a.m. Tai Chi</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>4</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>5</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>6</p>	<p>7</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>10</p> <p>★ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>11</p> <p>9:00 a.m. Rug Hooking</p> <p>12:00 pm. Family Care Givers Support</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>12</p> <p>No lunch served today, Volunteer Holiday Party</p>	<p>13</p> <p>10:00 a.m. Cell Phone & Tablet Lessons</p>	<p>14</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p> <p>★ 1:00 p.m. Medicare 101</p>
<p>17</p> <p>★ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>18</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>19</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>20</p>	<p>21</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>24</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>25 Center Closed</p> 	<p>26</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>27</p>	<p>28</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>31</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</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.