

Cohen Dining Menu

February 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
29	30	31	1 Spaghetti & Meatballs Garlic Bread Bonnie Hendsbee	2 BBQ Chicken Coleslaw Cornbread Swingtime
5 \$6.50 Cost For All Baked Stuffed Haddock Rice Pilaf	6 Sesame Nuggets or Chicken Nuggets Chips, Dips & Veggie Sticks Theresa Hallowell Paul Barrett	7 Swedish Meatballs Buttered Egg Noodles Ginger Carrots Dave McInnis	8 Turkey Chow Mein Egg Roll, Fried Rice Fortune Cookie Country Gentlemen	9 Macaroni & Cheese Hot Dogs Broccoli Deb Sandler
12 Regular Price Meal Meatloaf Mashed Potatoes Buttered Corn	13 Baked Stuffed Squash or Chicken w/ Stuffing Almond Green Beans Theresa Hallowell Paul Barrett	14 \$8.00 Cost For All Valentine's Day Surf & Turf Roast Beef & Salmon Tomato Soup, Roasted Red Potatoes, Baked Stuffed Tomatoes, Beet Slaw Assorted Desserts Deb Sandler	15 Beef Burgers w/Toppings French Fries Bonnie Hendsbee	16 Roast Pork w/Mushroom Gravy Baked Sweet Potato Swingtime
19 Center Closed	20 Polenta Mushroom Gravy or Baked Ham Seasoned Potato Peas & Carrots Theresa Hallowell Paul Barrett	21 Hearty Beef Chili Baked Potato Toppings Bar Dave Fisher	22 Baked Chicken Herb Roasted Potatoes Fresh Broccoli Country Gentlemen	23 Haddock w/Cheese Sauce Dave McInnis
26 \$6.50 Cost For All London Broil Baked Potato Toppings Bar	27 Ziti w/Marinara Sauce Eggplant Parmesan w/Italian Sausage (optional) 	28 BBQ Pulled Pork Greens Corn Muffins Mike Theriault	1 Every date marked with a bushel of vegetables includes a vegetarian option.	2

Please note that the menu is subject to change.

****Mondays are catered by Cohen on the Meadows Catering and \$6.50 is required by all.**

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

February 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
29	30	31	1 ★ 12:00 p.m. Intro to Felting Fun with Laretta Rose 1:00 p.m. Bridge ★ 1:00 p.m. Living Well With Diabetes	2 9:00 a.m. TOPS 12:30 p.m. Book Club
5 ★ 9:00 a.m. Tai Chi for Balance 12:00 p.m. Blood Pressure Screening 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	6 9:00 a.m. Rug Hooking 11:30 a.m. - 1:00 p.m. Fitness Tuesday (See newsletter for full details) 12:45 p.m. Wood Carving 1:00 p.m. Knitting	7 12:30 p.m. Mahjong 1:00 p.m. Game Day	8 ★ 12:00 p.m. Felting Fun with Laretta Rose 1:00 p.m. Bridge ★ 1:00 p.m. Living Well With Diabetes	9 9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings
12 ★ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	13 9:00 a.m. Rug hooking 11:30 a.m. - 1:00 p.m. Fitness Tuesday (See newsletter for full details) 12:45 p.m. Wood Carving 1:00 p.m. Knitting	14 ★ 9:00 a.m. Ask The Lawyer ♥ Valentine's Day Dinner (see front page of newsletter for full details) 12:30 p.m. Mahjong 1:00 p.m. Game Day	15 1:00 p.m. Bridge ★ 1:00 p.m. Living Well With Diabetes	16 9:00 a.m. TOPS 12:30 p.m. Book Club
19  Center Closed	20 9:00 a.m. Rug hooking 11:30 a.m. - 1:00 p.m. Fitness Tuesday (See newsletter for full details) 12:45 p.m. Wood Carving 1:00 p.m. Knitting	21 12:30 p.m. Mahjong 1:00 p.m. Game Day	22 1:00 p.m. Bridge ★ 1:00 p.m. Living Well With Diabetes	23 9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings
26 ★ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	27 9:00 a.m. Rug hooking 11:30 a.m. - 1:00 p.m. Fitness Tuesday (See newsletter for full details) 12:45 p.m. Wood Carving 1:00 p.m. Knitting	28 12:30 p.m. Mahjong 1:00 p.m. Game Day	1 	2



Spectrum Generations is an Equal Opportunity Provider.

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