








Cohen Dining Menu

January 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 Center Closed 	2 Chicken Stew Broccoli Herb Biscuits  Bonnie Hendsbee	3 Baked Ham Au Gratin Potato Roast Butternut Squash Fruit/fruit juice Garden Salad  Dave Fisher	4 Hot Turkey Sandwich Mashed Potato Fruit/fruit juice Garden Salad  Dave McInnis
7 \$10.00 Cost For All Clam Chowder Seafood Stuffed Shrimp Maple Roasted Carrots Cheddar Chive Potatoes Assorted Desserts Call Ahead Limited Quantity	8  Chicken Enchiladas Black Bean Enchiladas Spanish Rice ✓ Mexi-corn ✓	9 Hearty Beef Chili Baked Potato French Fries Corn Fruit/fruit juice Garden Salad	10 Pot Roast Mashed Potatoes Green Bean Casserole Fruit/fruit juice Garden Salad  Country Gentlemen	11 Chicken Alfredo Pasta Broccoli Garden Salad Fruit/fruit juice  Swingtime
14 \$6.50 Cost For All Beef Tips Baked Potato Buttered Green Beans Garden Salad	15  Chicken Nuggets Sesame Nuggets ✓ French Fries ✓ Confetti Corn ✓  Paul Barrett Theresa Hallowell	16 Spaghetti Meatballs Garlic Bread Broccoli Fruit/fruit juice  Dave McInnis	17 Stuffed Haddock Rice Pilaf Ginger Carrots Garden Salad Fruit/fruit juice  Bonnie Hendsbee	18 BBQ Pulled Pork Corn Bread Mac & Cheese Cole Slaw Fruit/fruit juice Garden Salad
21 Center Closed 	22  Shepherd's Pie or <i>Dél' él' úséd</i> Shepherd's Pie ✓ Broccoli ✓ Fruit/Fruit Juice Garden Salad  Bert Ayotte	23 Maple Rosemary Pork Loin Scalloped Potatoes Almond Green Beans Fruit/fruit juice Garden Salad  Mike Theriault	24 Chicken Parmesan Garlic Bread Zucchini Fruit/fruit juice Garden Salad  Country Gentlemen	25 Beef Stew Herb Biscuits Mixed Vegetables Fruit/fruit juice Garden Salad  Swingtime
28 \$6.50 Cost For All Honey Ginger Salmon Rice Pilaf Peas & Mushrooms Fruit/fruit juice Garden Salad	29  Hearty Beef Chili or Vegetable Chili ✓ Baked Potato ✓ Confetti Corn ✓ Fruit/Fruit Juice Garden Salad	30 Meatloaf Gravy Mashed Potato Veg. Medley Fruit/fruit juice Garden Salad	31 Cheese Tortellini Italian Sausage Fruit/fruit juice Garden Salad	 Every date marked with a bushel of vegetables includes a vegetarian option. option. ✓—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.


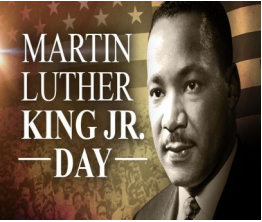
For more information please call (207) 620. 1189 (Hallowell) or (207) 660.9267 (Waterville)

Cohen Center Activities

January 2019

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>1 Center Closed</p> 	<p>2</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>3</p>	<p>4</p> <p>9:00 a.m. TOPS 12:30 p.m. Book Club</p>
<p>7</p> <p>12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>8</p> <p>9:00 a.m. Rug Hooking 12:00 pm. Family Care Givers Support 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>9</p> <p>☆ 9:00 a.m. Ask The Lawyer ☆ 9:00 a.m. Ask the Financial Advisor 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>10</p> <p>7:00 a.m. Breakfast - 8:30 a.m. 10:00 a.m. Cell Phone Class</p>	<p>11</p> <p>9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings ☆ 1:00 p.m. Medicare 101</p>
<p>14</p> <p>12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>15</p> <p>9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>16</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>17</p>	<p>18</p> <p>9:00 a.m. TOPS 12:30 p.m. Book Club</p>
<p>21 Center Closed</p> 	<p>22</p> <p>9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>23</p> <p>☆ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>24</p>	<p>25</p> <p>9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings</p>
<p>28</p> <p>☆ 8:30 a.m. Medicare 101 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>29</p> <p>9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>30</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>31</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.