








Cohen Dining Menu

March 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
			 Every date marked with a bushel of vegetables includes a vegetarian option.	1 Chicken w/Gravy Stuffing Green Beans Garden Salad Fruit/fruit juice 🎵 Swingtime
4 \$10.00 Cost For All Lobster Roll Clam Chowder Potato Salad Cole Slaw Please RSVP	5  Beef Pot Pie Samosas V Broccoli Fruit/fruit juice 🎵 Paul Barrett Theresa Hallowell	6 Creamy Dill Chicken Roast Potatoes Corn & Peas Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee	7 Breakfast 7am \$5.00 Eggs Pancakes Sausage Home Fries Fruit Lunch American Chop Suey Mixed Veg Garlic Bread Fruit 🎵 Country Gentlemen	8 Honey Ginger Salmon Rice Pilaf Glazed Carrots Garden Salad Fruit/fruit juice 🎵 Dave McInnis
11 \$6.50 Cost For All Chicken Marsala Buttered Noodles Cheesy Cauliflower Fruit/fruit juice Garden Salad	12  Shepherd's Pie or Portabelo Wellington V Mixed Vegetable Fruit/fruit juice Garden Salad 🎵 Paul Barrett Theresa Hallowell	13 Roast Pork Gravy Sweet Potato Peas Fruit/fruit juice 🎵 Dave Fisher	14 St. Patrick's Day Lunch Corned Beef Boiled Potatoes Cabbage & Carrots Irish Soda Biscuits  🎵 Deb Sandler	15 Fish Chowder Grilled Cheese Cole Slaw Fruit/fruit juice Garden Salad
18 \$6.50 Cost For All Roast Turkey Gravy & Stuffing Mashed Potatoes Butternut Squash Fruit/fruit juice Garden Salad	19  Chicken Nuggets or Sesame Nuggets V French Fries Mixed Vegetables Cole Slaw 🎵 Paul Barrett Theresa Hallowell	20 Tender Beef Pot Roast Boiled Potatoes Glazed Carrots Garden Salad Fruit/fruit juice 🎵 Dave McInnis	21 Meatloaf Baked Potato Buttered Corn Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	22 Broccoli Quiche JK Smoked Salmon Quiche Potato Pancakes (Latkes) Peas & Mushrooms Fruit/fruit juice Garden Salad Swingtime
25 \$6.50 Cost For All Sirloin Steaks Baked Potato Almond Green Beans Garden Salad Fruit/fruit juice	26  Chicken Kabobs Felafel V Rice Pilaf V Spinach Pie Fruit/Fruit Juice 🎵 Bonnie Hendsbee	27 Chinese BBQ Pork Stir Fry Vegetables Fried Rice Egg Roll Fruit/fruit juice Garden Salad Fortune Cookie	28 Three Cheese Lasagna Italian Sausage Green Beans Garlic Bread Fruit/fruit juice	29 Haddock with Cheese Sauce Broccoli Fruit/fruit juice Garden Salad 🎵 Deb Sandler

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

March 2019

☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
				1 9:00 a.m. TOPS 12:30 p.m. Book Club
4 ☆ 9:00 a.m. Tai Chi 12:00 p.m. Blood Pressure Clinic 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	5 9:00 a.m. Rug Hooking 10:00 a.m. Ibis 12:45 p.m. Wood Carving 1:00 p.m. Knitting	6 12:30 p.m. Mahjong 1:00 p.m. Contract Bridge	7 7:00 a.m. Breakfast - 8:30 a.m. 1:00 p.m. Bridge	8 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
11 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	12 9:00 a.m. Rug Hooking 12:00 pm. Family Care Givers Support 12:45 p.m. Wood Carving 1:00 p.m. Knitting	13 ☆ 9:00 a.m. Ask The Lawyer ☆ 9:00 a.m. Ask the Financial Advisor 12:30 p.m. Mahjong 1:00 p.m. Contract Bridge	14 10:00 am Lunch & Learn: DIFW History of Outdoor Rec. ☆ 1:00 p.m. Medicare 101 1:00 p.m. Bridge	15 9:00 a.m. TOPS 12:30 p.m. Book Club
18 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	19 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	20 12:30 p.m. Mahjong 1:00 p.m. Contract Bridge	21 ☆ 9:30 a.m. Chair Yoga Class 10:00 a.m. Cell Phone Class 1:00 p.m. Bridge	22 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
25 ☆ 8:30 a.m. Medicare 101 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	26 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	27 ☆ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Contract Bridge	28 ☆ 9:30 a.m. Chair Yoga Class 10:00 a.m. Lunch & Learn: Cat Sponsorship Program 1:00 p.m. Bridge	



Spectrum Generations is an Equal Opportunity Provider.

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