









# Cohen Dining Menu

May 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
	<b>1</b>  Chicken Kabobs or Falafel V Rice Pilaf Theresa Hallowell Paul Barnett	<b>2</b> Cheese Ravioli Italian Sausage Bonnie Hendsbee	<b>3</b> Beef Stroganoff Buttered Noodles	<b>4</b> <b>Cinco De Mayo Celebration</b> Pulled Pork Tacos Spanish Rice Guacamole-Chips Swingtime
<b>7</b> <b>\$6.50 Cost For All</b> Roast Beef Mashed Potato	<b>8</b>  Chicken w/stuffing or Stuffed Acorn Squash V	<b>9</b> Hearty Beef Chili Baked Potato Toppings Dave McInnis	<b>10</b> BBQ Chicken Mashed Potato Corn Country Gentlemen	<b>11</b> Haddock Mornay Rice Pilaf Bonnie Hendsbee
<b>14</b> <b>\$6.50 Cost For All</b> Stuffed Pork Chops Sweet Potatoes	<b>15</b>  Beef or Black Bean Enchiladas V Spanish Rice Mexi-corn	<b>16</b> Homemade Beans & Franks Cole Slaw Potato Salad Deb Sandler	<b>17</b> Breakfast for Lunch French Toast Sausage Homefries Scrambled Eggs	<b>18</b> Meatloaf Mashed Potato Garlic Green Beans Swingtime
<b>21</b> <b>\$6.50 Cost For All</b> Creamy Dill Chicken Roast Potatoes	<b>22</b>  Hamburgers or Walnut Burgers V French Fries Cole Slaw Theresa Hallowell Paul Barnett	<b>23</b> Roast Pork Loin Mashed Potatoes Dave Fisher	<b>24</b> Honey Ginger Glazed Salmon Peas & Mushrooms Rice Pilaf Country Gentlemen	<b>25</b> Spaghetti & Meatballs Garlic Bread Dave McInnis
<b>28</b> <b>Center Closed</b> 	<b>29</b>  Baked Ham or Polenta w/ Mushroom Gravy V Roasted Potato Peas & Carrots	<b>30</b> <b>Meal \$1.00 extra fund</b> Turkey Dinner Stuffing Mashed Potatoes Gravy Mike Theriault	<b>31</b> Beef Stew Herb Biscuits Deb Sandler	 Every date marked with a bushel of vegetables includes a vegetarian option.

V—Vegan

**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

May 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>1</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>2</p> <p>★ 10:00 a.m.—2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>3</p> <p>1:00—4:00 p.m. Bridge</p> <p>★ 1:00—3:00 p.m. Healthy Cooking</p>	<p>4</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
	<p>7</p> <p>12:00 p.m. Blood Pressure Screening</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>8</p> <p>9:00 a.m. Rug Hooking</p> <p>12:00—2:00 p.m. Family Caregivers</p> <p>12:45 p.m. Wood Carving</p> <p>1:00 p.m. Knitting</p>	<p>9</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>★ 10:00 a.m.—2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>10</p> <p>★ 9:00—11:00 a.m. Computer Lessons</p> <p>1:00 p.m. Bridge</p> <p>★ 1:00—3:00 p.m. Healthy Cooking</p>
<p>14</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>15</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>16</p> <p>★ 10:00 a.m.—2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>17</p> <p>1:00-4:00 p.m. Bridge</p> <p>★ 1:00—3:00 p.m. Healthy Cooking</p>	<p>18</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
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<p>28</p> <p>Center Closed</p> 	<p>29</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>30</p> <p>★ 10:00 a.m.—2:00 p.m. Ping Pong</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>31</p> <p>1:00—4:00 p.m. Bridge</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.