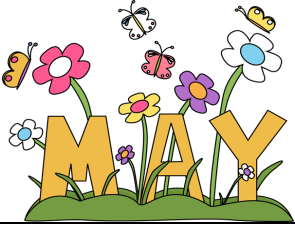





















# Cohen Dining Menu

May 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
	 <p>Every date marked with a bushel of vegetables includes a vegetarian option.                      V—Vegan</p>	1 Roast Pork Loin Stuffing Buttered Corn Fruit/fruit juice Garden Salad  Bonnie Hendsbee	2 Glazed Baked Ham Sweet Potato Peas & Mushrooms Fruit/fruit juice Garden Salad	3 Beef Tips Mashed Potatoes Green Beans Fruit/fruit juice Garden Salad  Swingtime
6 <b>\$10.00 Cost For All</b> Prime Rib Clam Chowder Baked Stuffed Potatoes Glazed Carrots Garden Salad Please RSVP	7  Shepherd's Pie Veggie Shepherd's Pie Veggie Medley V Fruit/Fruit Juice  Paul Barrett Theresa Hallowell	8 Pesto Chicken Pasta Marinara Sauce Garlic Bread Fresh Broccoli Fruit/Fruit Juice Garden Salad	9 Hot Turkey Sandwich Stuffing Gravy Cranberry Sauce Fruit/fruit juice  Country Gentlemen	10 Haddock w/Cheese Sauce Rice Pilaf Peas & Carrots Fruit/fruit juice Garden Salad  Dave McInnis
13 <b>\$6.50 Cost For All</b> Maple Rosemary Pork Loin Garlic Mashed Potatoes Peas Fruit/fruit juice Garden Salad	14  Teriyaki Chicken Thighs Teriyaki Tofu V Mixed Vegetable Veggie Fried Rice V Veggie Egg Roll V Stir Fry Veggies	15 Meatloaf Mashed Potato Fresh Carrots Fruit/fruit juice Garden Salad  Dave Fisher	16 <i>Breakfast For Lunch</i> Eggs Pancakes Sausage Home Fries Fruit Salad	17 Spaghetti Meatballs Marinara Green Beans Garlic Bread Fruit/fruit juice  Swingtime
20 <b>\$6.50 Cost For All</b> Roast Turkey Gravy Squash Mashed Potatoes Sauce Rice Pilaf	21  Chicken Pot Pie Or Veggie Pot Pie V Herbed Biscuits Mixed Vegetable  Paul Barrett Theresa Hallowell	22 American Chop Suey Garlic Bread Peas Fruit/fruit juice Garden Salad  Dave McInnis	23 Tender Beef Pot Roast Boiled Potatoes Glazed Carrots Fruit/fruit juice Garden Salad  Country Gentlemen	24 Chicken Cacciatore Pasta Fresh Broccoli Garlic Bread Fruit/fruit juice  Denny Harnish
27 <b>Center Closed</b> 	28  Cheeseburgers Or Walnut Burgers V Toppings Potato Salad Buttered Corn Fruit/fruit juice  Bonnie Hendsbee	29 BBQ Pulled Pork Mac & Cheese Ginger Carrots Corn Bread Fruit/fruit juice Garden Salad  Mike Theriault	30 Hearty Beef Chili Baked Potato Toppings Corn Fruit/fruit juice Garden Salad	31 Shepherd's Pie Broccoli Fruit/fruit juice Garden Salad

Please note that the menu is subject to change.

V—indicates Vegan

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

May 2019

☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
		<p>1</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>2</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>3</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>6</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>7</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>8</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>9</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p> <p>☆ 1:00 p.m. Medicare 101</p>	<p>10</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>13</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>14</p> <p>9:00 a.m. Rug Hooking</p> <p>☆ 10:00 a.m. Ask the Financial Advisor</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>15</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>16</p> <p>9:30 a.m. Chair Yoga</p> <p>☆ 10:00 a.m. Cell Phone Class</p> <p>1:00 p.m. Bridge</p>	<p>17</p> <p>9:00 a.m. TOPS</p> <p>☆ 10:30 a.m. Lunch &amp; Learn <i>Managing Your Money</i></p> <p>12:30 p.m. Book Club</p>
<p>20</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>21</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>22</p> <p>☆ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>23</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>24</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>27 Center Closed</p> 	<p>28</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>29</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>30</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>31</p> <p>9:00 a.m. TOPS</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.