






















Cohen Dining Menu

August 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
 Every date marked with a bushel of vegetables includes a vegetarian option.		1 Baked Rosemary Chicken Rice Pilaf Almond Green Beans Fruit/fruit juice  Paul Barrett Theresa Hallowell	2 Baked Haddock Au Gratin Potato Vegetable Fruit/fruit juice Garden Salad  Bert Ayotte	3 Roast Pork Sweet Potato Vegetable Medley Fruit/fruit juice  Swingtime
6 \$6.50 Cost For All Grilled Beef Steaks Baked Potato Vegetable Fruit/fruit juice Garden Salad	7 Eggplant Parmesan  V Pasta Marinara Meatballs Garlic Bread Fruit/fruit juice  Al Bergeron	8 Chicken/Broccoli Alfredo Pasta Fruit/fruit juice Garden Salad  Dave McInnis	9 Breakfast for Lunch French Toast Sausage Scrambled Eggs Home Fries Fruit Salad  Country Gentlemen	10 Meatloaf Mashed Potatoes Corn Fruit/fruit juice Garden Salad  Bonnie Hendsbee
13 \$6.50 Cost For All Creamy Dill Chicken Roast Potato Green Beans Fruit/fruit juice Garden Salad	14 Beef Burgers  or Walnut Burgers V Toppings French Fries Fruit/fruit juice  Deb Sandler	15 Creamy Mac & Cheese Peas & Fresh Carrots Fruit/fruit juice Garden Salad  Bonnie Hendsbee	16 BBQ Chicken Vegetable Cole Slaw Fruit/fruit juice Garden salad  Paul Barrett Theresa Hallowell	17 Honey-Ginger Salmon Rice Pilaf Vegetable Fruit/fruit juice Garden Salad  Swingtime
20 \$6.50 Cost For All Beef Tips Baked Potato Vegetable Medley Fruit/fruit juice Garden Salad	21 Chicken Curry  or Chickpea Curry V Stuffed Peppers Rice Pilaf Peas & Mushrooms Garden Salad  Mike Theriault	22 Stuffed Pork Chop Almond Green Beans Roast Potato Fruit/fruit juice Garden Salad  Dave Fisher	23 Hot Turkey Sandwich Mashed Potato Corn Fruit/fruit juice Garden Salad  Country Gentlemen	24 Herb Baked Chicken Scalloped Potato Ginger Carrots Fruit/fruit juice Garden Salad  Dave McInnis
27 \$6.50 Cost For All Stuffed Haddock Rice Pilaf Fruit/fruit juice Garden Salad	28 Veggie Lo Mein V  or Chinese BBQ Pork BBQ Tofu Veg. Egg Roll Fortune Cookies	29 Dog Days of Cohen  Hot Dogs Potato Salad Baked Beans Watermelon Slices Dog Bone Cookies Ray Gagnard	30 \$20.00 Cost For All Lobster Feed New England Clam Chowder Lobster or Sirloin Steak Corn on Cob Blueberry Cake  Bert Ayotte	31 BBQ Pulled Pork Corn Bread Cole Slaw  Deb Sandler

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.

**Tuesday—Friday a donation of \$5.00/meal for individuals 60 and older is suggested. If under
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

August 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>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>2</p> <p>1:00-4:00 p.m. Bridge</p>	<p>3</p> <p>9:00 a.m. TOPS 12:30 p.m. Book Club</p>
<p>6</p> <p>12:00 p.m. Blood Pressure Screening 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>7</p> <p>9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 12:00-2:00 p.m. Family Caregiver Support 1:00 p.m. Knitting</p>	<p>8</p> <p>★ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>9</p> <p>★ 9:00 a.m. Computer Lessons 1:00-4:00 p.m. Bridge</p>	<p>10</p> <p>9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings</p>
<p>13</p> <p>12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>14</p> <p>9:00 a.m. Rug Hooking 12:00 p.m. Family Care Givers 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>15</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>16</p> <p>★ 9:00 a.m. Computer Lessons 10:00-11:00 a.m. Cell phone/tablet class 1:00-4:00 p.m. Bridge</p>	<p>17</p> <p>9:00 a.m. TOPS 12:30 p.m. Book Club</p>
<p>20</p> <p>12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>21</p> <p>9:00 a.m. Rug hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>22</p> <p>★ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>23</p> <p>1:00-4:00 p.m. Bridge</p>	<p>24</p> <p>9:00 a.m. TOPS ★ 1:00 p.m. Spirit Readings</p>
<p>27</p> <p>12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage</p>	<p>28</p> <p>9:00 a.m. Rug hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting</p>	<p>29</p> <p>12:30 p.m. Mahjong 1:00 p.m. Game Day</p>	<p>30</p> <p>1:00-4:00 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.