






Cohen Dining Menu

June 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
3 \$6.50 Cost For All Sirloin Steaks Mushrooms & Onions Baked Potato Topping Peas & Carrots Fruit/fruit juice	4  Greek Chicken Felafel V Spinach Pie Rice Pilaf Paul Barrett Theresa Hallowell	5 Spaghetti Meatballs Green Beans Marinara Sauce Garlic Bread Fruit/fruit juice Bonnie Hendsbee	6 Baked Chicken Stuffing Gravy Peas & Mushrooms Fruit/fruit juice Country Gentlemen	7 No Lunch Served Health Living Expo Swingtime
10 \$6.50 Cost For All Baked Stuffed Haddock Fresh Broccoli Rice Pilaf Garden Salad	11  Chicken Nuggets Or Sesame Nuggets V French Fries Fiesta Corn Cole Slaw Fruit/Fruit Juice Paul Barrett Theresa Hallowell	12 Roast Turkey Gravy Stuffing Mashed Potatoes Ginger Carrots Fruit/Fruit Juice Deb Sandler	13 Creamy Dill Chicken Lemon Orzo Pasta Corn & Peas Fruit/fruit juice Garden Salad Country Gentlemen	14 Meatloaf Mashed Potatoes Gravy Veg. Medley Fruit/fruit juice Garden Salad Dave McInnis
17 \$6.50 Cost For All Glazed Baked Ham Rice Pilaf Confetti Corn Fruit/fruit juice Garden Salad	18  Pasta Primavera V Fresh Broccoli Garlic Bread Fruit/Fruit Juice Garden Salad Paul Barrett Theresa Hallowell	19 Stuffed Pork Chop Gravy Peas & Mushrooms Fruit/fruit juice Garden Salad Dave Fisher	20 Broccoli Stuffed Chicken Rice Pilaf Buttered Carrots Fruit Salad Garden Salad Country Gentlemen	21 Chicken Club French Fries Fruit/fruit juice Garden Salad Swingtime
24 Chicken Cordon Bleu Garlic Mashed Potato Almond Green Beans Fruit/fruit juice Garden Salad	25  Teriyaki Chicken V Veggie Fried Rice V Veg. Egg Roll V Stir Fry Vegetables V Mixed Vegetable Mike Theriault	26 Pesto Chicken Pasta Marinara Sauce Broccoli Fruit/fruit juice Garden Salad Dave McInnis	27 Pulled BBQ Pork Mac & Cheese Buttered Carrots Cole Slaw Fruit/fruit juice Garden Salad Bonnie Hendsbee	28 Haddock w/Cheese Sauce Green Peas Rice Pilaf Fruit/fruit juice Garden Salad Deb Sandler
		Every date marked with a bushel of vegetables includes a vegetarian option. 		

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

June 2019

☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
<p>3</p> <p>9:30 a.m. Meet the Author Series: <i>Frank Connors</i></p> <p>12:00 p.m. Blood Pressure Clinic</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner</p>	<p>4</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>5</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>6</p> <p>9:30 a.m. Chair Yoga</p> <p>1:00 p.m. Bridge</p>	<p>7</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>10</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>11</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>12</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>13</p> <p>9:30 a.m. Presentation: <i>Elder Abuse—Scams & Frauds</i></p> <p>☆ 1:00 p.m. Bridge</p> <p>1:00 p.m. Medicare 101</p>	<p>14</p> <p>9:00 a.m. TOPS</p> <p>☆ 1:00 p.m. Spirit Readings</p>
<p>17</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>18</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>19</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Bridge</p>	<p>20</p> <p>☆ 10:00 a.m. Cell Phone Class</p> <p>1:00 p.m. Bridge</p>	<p>21</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>24</p> <p>8:30 a.m. Medicare 101</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>25</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>26</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>27</p> <p>9:30 a.m. Discussion Series: Maine Tourism Assoc. presents <i>Maine Invites You</i></p> <p>1:00 p.m. Bridge</p>	<p>28</p> <p>9:00 a.m. TOPS</p> <p>☆ 12:00 p.m. Tarot Reading</p> <p>☆ 1:00 p.m. Spirit Readings</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.