























Cohen Dining Menu

March 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
26 March Madness Mondays  Complementary beer or wine w/lunch	27 Every menu item marked with a red V indicates a vegan dish.	28 Every date marked with a bushel of vegetables includes a vegetarian option. 	1 Chicken Parmesan with Pasta  Bert Ayotte	2 Baked Ham Au Gratin Potatoes  Swingtime
5 \$6.50 Cost For All Roast Pork Loin Baked Sweet Potato	6 Chicken Kabobs  or Falafel V Sauted spinach V Lemon orzo pasta V Greek Salad Tabbouleh & hummus V	7 Meatloaf and Gravy Roast Potatoes  Dave McInnis	8 Baked Dill Salmon Mashed Potatoes  Country Gentlemen	9 Beef Stew Herbed Biscuits  Bonnie Hendsbee
12 \$6.50 Cost For All Turkey Dinner Stuffing Mashed Potatoes Gravy	13 Beef or Black Bean Enchiladas  Braised Red Cabbage V Spanish Rice V  Bert Ayotte	14 BBQ Chicken Mashed Potatoes Confetti Corn Cole Slaw  Deb Sandler	15 Breakfast for Lunch French Toast Sausage links Scrambled Eggs Home Fries, Fruit Salad  Teresa Hallowell & Paul Barrett	16 Corned Beef Cabbage  Boiled Potatoes Carrots Irish Soda Biscuit Guinness & Onion Soup  TBA
19 \$6.50 Cost For All Stuffed Haddock Rice Pilaf Ginger Carrots	20 Hamburgers  or Walnut Burgers V French Fries V  Theresa Hallowell Paul Barrett	21 Teriyaki Chicken Fried Rice Egg Roll Fortune Cookie  Dave Fisher	22 Beef Tips Mashed Potatoes  Country Gentlemen	23 Spaghetti & Meatballs Garlic Bread  Dave McInnis
26 \$6.50 Cost For All Roast Beef Baked Potato	27 Stuffed Pork Chop  or Baked Stuffed Squash V Mashed Potatoes  Bert Ayotte	28 Shepard's Pie Biscuits  Mike Theriault	29 Baked Ham Mac & Cheese Broccoli Herbed Breadsticks  Bonnie Hendsbee	30 Cheesy Pepper Chicken Rice Pilaf  Deb Sandler

Please note that the menu is subject to change. V Indicates Vegan Meal.

****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

A star indicates that registration is required.

Call 626-7777 to register.

Mon	Tue	Wed	Thu	Fri
26	27	28	1	2
			☆ 12:00 p.m. Intro to Felting Fun with Lauretta Rose 1:00 p.m. Bridge	9:00 a.m. TOPS 12:30 p.m. Book Club
5 ☆ 9:00 a.m. Tai Chi for Balance 12:00 p.m. Blood Pressure Screening 12:30 Mahjong 1:00 Partner Cribbage	6 9:00 a.m. Rug Hooking ☆ 12:00—2:00 p.m. Personal Fitness Consultations 12:45 p.m. Wood Carving 1:00 p.m. Knitting	7 12:30 p.m. Mahjong 1:00 p.m. Game Day	8 ☆ 12:00 p.m. Felting Fun with Lauretta Rose 1:00 p.m. Bridge	9 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
12 ☆ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	13 9:00 a.m. Rug hooking ☆ 12:00—2:00 p.m. Personal Fitness Consultations 12:45 p.m. Wood Carving 1:00 p.m. Knitting	14 ☆ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	15 1:00 p.m. Bridge	16 9:00 a.m. TOPS 11:30 a.m. St. Patrick's Day Lunch  12:30 p.m. Book Club
19 ☆ 9:00 a.m. Tai Chi for Balance 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	20 9:00 a.m. Rug hooking ☆ 12:00—2:00 p.m. Personal Fitness Consultations 12:45 p.m. Wood Carving 1:00 p.m. Knitting	21 12:30 p.m. Mahjong 1:00 p.m. Game Day	22 1:00 p.m. Bridge	23 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
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Spectrum Generations is an Equal Opportunity Provider.
 Please let us know if you require special accommodations at least two weeks prior to the event.