

# Cohen Dining Menu

November 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
		 <p>Every date marked with a bushel of vegetables includes a vegetarian option.</p>	<p>1 Chicken Chow Mein Egg Roll Fried Rice Fortune Cookie</p> <p>🎵 Country Gentlemen</p>	<p>2 Spaghetti Meatballs Garlic Bread Green Beans Fruit/fruit juice</p> <p>🎵 Swingtime</p>
<p>5 <b>\$6.50 Cost For All</b></p> <p>Baked Ham Green Bean Casserole Au Gratin Potato</p>	<p>6 Shepherd's Pie                       or Veg. Shepherd's Pie <b>V</b>                      Broccoli                      Fruit/fruit juice</p> <p>🎵 Bonnie Hendsbee</p>	<p>7 BBQ Chicken Mac &amp; Cheese Corn Fruit/fruit juice Garden Salad</p> <p>🎵 Dave McInnis</p>	<p>8 Beef Tips Baked Potato Almond Green Beans Garden Salad Fruit/fruit juice</p> <p>🎵 Paul Barrett Theresa Hallowell</p>	<p>9 Apple Cider Pork Chops Mashed Potato Peas Garden Salad Fruit/fruit juice</p> <p>🎵 Denny Harnish</p>
<p>12 <b>Center Closed</b></p> 	<p>13 </p> <p>Chicken Kabobs Falafel <b>V</b> Lemon Orzo Pasta Spinach Pie</p> <p>🎵 Paul Barrett Theresa Hallowell</p>	<p>14 Meatloaf w/gravy Mashed Potato Butterd Carrots Fruit/fruit juice Garden Salad</p> <p>🎵 Deb Sandler</p>	<p>15 Cheese Tortellini Italian Sausage Zucchini Garlic Bread Garden Salad</p> <p>🎵 Country Gentlemen</p>	<p>16 Roast Turkey Dinner Stuffing Gravy Mashed Potato Squash</p> <p>🎵 Dave McInnis</p>
<p>19 <b>\$6.50 Cost For All</b></p> <p>Honey Ginger Salmon Peas &amp; Mushrooms Rice Pilaf Fruit/fruit juice Garden Salad</p>	<p>20 </p> <p>Cheese Burgers or Black Bean Burgers <b>V</b>                      French Fries                      Cole Slaw                      Confetti Corn</p> <p>🎵 Mike Theriault</p>	<p>21 Roast Beef Baked Potato Gravy Mixed Vegetables Fruit/fruit juice Garden Salad</p> <p>🎵 Dave Fisher</p>	<p>22 <b>Center Closed</b></p> 	<p>23 <b>Center Closed</b></p> 
<p>26 <b>\$6.50 Cost For All</b></p> <p>Chicken Cacciatore Pasta Green Beans Garlic Bread Fruit/fruit juice Garden Salad</p>	<p>27 </p> <p>Chicken Enchilada or Veggie Enchilada <b>V</b>                      Spanish Rice                      Broccoli                      Fruit/Fruit Juice                      Garden Salad</p>	<p>28 Swedish Meatballs Buttered Noodles Peas Fruit/fruit juice Garden Salad</p> <p>🎵 Bonnie Hendsbee</p>	<p>29 Maple Rosemary Pork Loin Roast Potato Brussel Sprouts Fruit/fruit juice Garden Salad</p> <p>🎵 Deb Sandler</p>	<p>30 Haddock Rice Pilaf Peas &amp; Carrots Fruit/fruit juice Garden Salad</p> <p>🎵 Swingtime</p>

V—Vegan

Please note that the menu is subject to change.

*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

November 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
			1	2 9:00 a.m. TOPS 12:30 p.m. Book Club
5 ☆ 9:00 a.m. Tai Chi 12:00 p.m. Blood Pressure Clinic 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	6 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	7 12:30 p.m. Mahjong 1:00 p.m. Game Day	8 ☆ 2:-3:30 p.m. Cooking Class	9 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
12 Center Closed  VETERANS' DAY	13 9:00 a.m. Rug Hooking 12:00 pm. Family Care Givers Support 12:45 p.m. Wood Carving 1:00 p.m. Knitting	14 ☆ 9:00 a.m. Ask The Financial Planner ☆ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	15 10:00 a.m. Cell Phone Lessons	16 9:00 a.m. TOPS 12:30 p.m. Book Club
19 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	20 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	21 ☆ 12:30 p.m. Mahjong 1:00 p.m. Game Day	22  HAPPY THANKSGIVING	23 Center Closed
26 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	27 9:00 a.m. Rug hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	28 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	29	30 9:00 a.m. TOPS



Spectrum Generations is an Equal Opportunity Provider.  
Please let us know if you require special accommodations at least two weeks prior to the event.