


Cohen Dining Menu

October 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
1 \$6.50 Cost For All Beef Tips Baked Potato Green Beans Fruit/fruit juice Garden Salad	2  Chicken Nuggetts or Sesame Nuggetts V Mashed Potatoes Gravy Corn Garden Salad	3 Stuffed Chicken Breast Rice Pilaf Mixed Veg Fruit/fruit juice Garden Salad	4 Shepherd's Pie Glazed Carrots Fruit Salad Garden Salad 🎵 Swingtime	5 Haddock with Cheese Sauce Peas Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee
8 Center Closed 	9  Egg Foo Yung Veggie Fried Rice V Stir Fry Vegetables V Egg Roll 🎵 Paul Barrett Theresa Hallowell	10 Baked Herb Chicken Roast Potatoes Corn Fruit/fruit juice Garden Salad 🎵 Dave McInnis	11 Breakfast for Lunch Srambled Eggs Homefries Fruit Salad 🎵 Country Gentlemen	12 Pulled Pork Baked Beans Mixed Veg Cole Slaw 🎵 Deb Sandler
15 \$6.50 Cost For All Honey Ginger Salmon Buttered Peas Rice Pilaf Fruit/fruit juice Garden Salad	16  Creamy Mac & Cheese BBQ Chicken BBQ Tofu V Fruit/fruit juice	17 Turkey Dinner with the Fixings Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee	18 Corned Beef Boiled Dinner Fruit/fruit juice Garden Salad 🎵 Swingtime	19 Hearty Beef Chili Herb Biscuits Green Beans Fruit/fruit juice 🎵 Paul Barrett Theresa Hallowell
22 \$6.50 Cost For All Creamy Dill Chicken Roasted Potatoes Green Beans Fruit/fruit juice Garden Salad	23  Baked Ham or Polenta V Mushroom Gravy Roast Potatoes Peas & Carrots Garden Salad 🎵 Mike Theriault	24 Meatloaf w/Gravy Mashed Potatoes Broccoli Fruit/Fruit Juice Garden Salad 🎵 Dave Fisher	25 Baked Stuff Haddock Rice Pilaf Almond Green Beans Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	26 Chicken Pot Pie Garden Salad Fruit/fruit juice 🎵 Dave McInnis
29 \$6.50 Cost For All Grilled Sirloin Steak Baked Potato w/ toppings Fruit/fruit juice Garden Salad	30  Chicken w/stuffing or Baked Stuffed Squash V Broccoli Fruit/Fruit Juice Garden Salad 🎵 Deb Sandler	31 Roast Pork Loin Gravy Mashed Potatoes Vegetable Medley Fruit/fruit juice Garden Salad 🎵 Deb Sandler	 Every date marked with a bushel of vegetables includes a vegetarian option.	

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

October 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>12:00 p.m. Blood Pressure Clinic</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>2</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>3</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>4</p> <p>1:00-4:00 p.m. Bridge</p>	<p>5</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>8</p> <p>Center Closed</p>  <p>Columbus Day</p>	<p>9</p> <p>9:00 a.m. Rug Hooking</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>10</p> <p>★9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>11</p> <p>1:00-4:00 p.m. Bridge</p> <p>★ 2:-3:30 p.m. Cooking Class</p>	<p>12</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>15</p> <p>★ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>16</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>17</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>18</p> <p>10:00 a.m. Cell Phone Lessons</p> <p>1:00-4:00 p.m. Bridge</p>	<p>19</p> <p>9:00 a.m. TOPS</p> <p>12:30 p.m. Book Club</p>
<p>22</p> <p>★ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>23</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>24</p> <p>★ 9:00 a.m. Ask The Lawyer</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</p>	<p>25</p> <p>★ 1:00-4:00 p.m. Bridge</p>	<p>26</p> <p>9:00 a.m. TOPS</p> <p>★ 1:00 p.m. Spirit Readings</p>
<p>29</p> <p>★ 9:00 a.m. Tai Chi</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Partner Cribbage</p>	<p>30</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>31</p> <p>12:30 p.m. Mahjong</p> <p>1:00 p.m. Game Day</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.