

Muskie Dining Menu

April 2017

Lunch is offered to the public from 11:30 a.m. — 1:00 p.m., Monday—Friday

Mon	Tue	Wed	Thu	Fri
 <p>The United Way generously supports Spectrum Generation's Nutrition Program.</p>				<p>Breakfast each Friday from 8:00- 10:00 a.m. Breakfast is \$5.50. Breakfast sandwiches are made to order Monday - Friday for \$2.00</p>
<p>3 Chicken Parmesan Mashed Potato Green Beans Dessert</p>	<p>4 Chicken Pot Pie over Biscuit Carrots Dessert</p>	<p>5 Pork Fritter Roasted Potatoes Spinach Dessert</p>	<p>6 Lasagna Spinach Dessert \$6.50</p>	<p>7 Buttercrumb Haddock Rice Pilaf Beets Dessert</p>
<p>10 Stuffed Cabbage Casserole Roasted Potato Beets Dessert</p>	<p>11 Ham & Potato Casserole Carrots Dessert</p>	<p>12 Chicken Lorraine Rice Vegetable Medley Dessert</p>	<p>13 Easter Buffet Baked Ham Dessert \$6.50</p>	<p>14 Salmon Pie Mashed Potato Vegetable Medley Dessert</p>
<p>17 Fish Fillet Sandwich Oven Fries Coleslaw Dessert</p>	<p>18 Sausage, Rice & Red Beans Spinach Dessert</p>	<p>19 Chicken & Gravy Rice or Mashed Potato Peas & Carrots Dessert</p>	<p>20 Turkey Dinner with all the Fixings \$7.00</p>	<p>21 Seasoned Haddock Oven Fries Broccoli Dessert</p>
<p>24 Swedish Meatballs Mashed Potatoes Beets Dessert</p>	<p>25 Chicken Patty Sandwich Oven Fries Coleslaw Dessert</p>	<p>26 Meatloaf Mashed Potato Carrots Dessert</p>	<p>27 Beef Tips Mashed Potato or Rice Peas & Carrots Dessert \$6.50</p>	<p>28 Buttercrumb Haddock Parsley Potatoes Mixed Vegetable Dessert</p>

Thursday's are catered by Cohen on the Meadows Catering and \$6.50 is required by all. Monday-Wednesday and on Fridays, a donation of \$5.00/meal for individuals 60 and older is suggested. If under age 60, a fee of \$6.50 is required.

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.

Muskie Center Activities

April 2017

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
27 	28	29	30	31
3 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00	4 8:30 a.m. Yoga, \$5.00 9:00 a.m. Quilters & crafts, \$1.00 1:00 p.m. Hand & Foot game, \$1.00 ★1:00 p.m. Notary Service, pre-registration required.	5 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00 9:30 a.m. Speak French Social Hour, \$3.00 12:30 p.m. Cribbage, \$1.00	6 8:30 a.m. Yoga, \$5.00 11:00 p.m. Bridge, \$2.00	7 8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1.00 1:00 p.m. 63 card game, \$1.00
10 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00	11 8:30 a.m. Yoga, \$5.00 9:00 a.m. Quilters \$1.00 1:00 p.m. Hand & Foot game \$1.00 ★1:00 p.m. Notary Service, pre-registration required. ★2:00 p.m. It's All About the Legs exercise class pre-registration required	12 8:00 a.m. Tai Chi ★9:00 a.m. Hollywood Casino Trip. Pre-registration required. 9:00 a.m. Richard Simmons Workout, \$1.00 9:30 a.m. Speak French Social Hour, \$3.00 12:30 p.m. Cribbage, \$1.00	13 8:30 a.m. Yoga, \$5.00 11:00 p.m. Bridge, \$2.00	14 8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1.00 1:00 p.m. 63 card game, \$1.00
17 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00	18 8:30 a.m. Yoga, \$5.00 9:00 a.m. Quilters & crafts, \$1.00 1:00 p.m. Hand & Foot game, \$1.00 ★1:00 p.m. Medicare 101, pre-registration required	19 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00 9:30 a.m. Speak French Social Hour, \$3.00 ★12:00 p.m. Family Caregiver support group pre-registration required 12:30 p.m. Cribbage, \$1.00	20 8:30 a.m. Yoga, \$5.00 11:00 p.m. Bridge, \$2.00	21 8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1.00 ★12:30 p.m. Remember Me Readings, pre-registration required. 1:00 p.m. 63 card game, \$1.00
24 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00	25 8:30 a.m. Yoga, \$5.00 9:00 a.m. Quilters & crafts, \$1.00 1:00 p.m. Hand & Foot game, \$1.00 ★1:00 p.m. Notary Service, pre-registration required.	26 8:00 a.m. Tai Chi 9:00 a.m. Richard Simmons Workout, \$1.00 9:30 a.m. Speak French Social Hour, \$3.00 12:30 p.m. Cribbage, \$1.00	27 ★10:00 a.m. AARP Safe Driver Course, pre-registration required. 11:00 a.m. Bridge, \$2.00	28 8:00 a.m. Public breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1.00 1:00 p.m. 63 card game, \$1.00



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Please let us know if you require special accommodations at least two weeks prior to the event.