


Muskie Dining Menu

June 2018

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 Generations' Nutrition Program.</p>			Breakfast Buffet Fridays from 8:00 — 10:00 a.m. Breakfast cost: \$5.50	1 Lemon Herb Haddock Rice Pilaf Veggie Medley Dessert
4 Franks & Beans Coleslaw Beets Dessert	5 Cheese Tortellini Primavera Veggie Medley Dessert	6 Meatloaf Mashed Potato Peas & Carrots Dessert	7 BBQ Pulled Pork BBQ Chicken Baked Beans Green Beans Dessert \$6.50	8 Salmon Fillet Mashed Potato Carrots Dessert
11 Mini Pizzas Broccoli Dessert	12 Chicken Pot Pie over Biscuit Carrots Dessert	13 Cheeseburger Oven Fries Corn on the Cob Dessert	14 Roast Pork Mashed Potato Summer Squash Dessert \$6.50	15 Herb & Butter Haddock Parsley Potato Corn Dessert
18 Chicken Fingers Macaroni & Cheese Broccoli Dessert	19 BBQ Riblet Baked Beans Green Beans Dessert	20 Chicken & Gravy Mashed Potatoes Carrots Dessert	21 Turkey Dinner with All the Fixings Pumpkin Pie \$7.00	22 Salmon Pie Rice Pilaf Beets Dessert
25 Spaghetti & Meatballs Veggie Medley Dessert	26 Ham & Scalloped Potato Casserole Carrots Dessert	27 Beef Stroganoff Noodles Zucchini Dessert	28 Baked Chicken Scalloped Potato Carrots Dessert \$6.50	29 Seasoned Haddock Roasted Potatoes Summer Squash Dessert

Thursdays are catered by Cohen on the Meadows Catering \$6.50 is required by all, \$7.00 for Turkey Dinner. Monday—Wednesday and on Fridays, a donation of \$5.00/meal for individuals 60 and older is appreciated. If under age 60, a fee of \$6.50 is required. (Unless noted otherwise) Water, soda, coffee, and muffins available daily for \$1.00+ tax. Cash, check, credit and EBT cards are accepted.

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

June 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
 <p>The United Way Generously supports Spectrum Generations' Nutrition Program.</p>				<p>1 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 Card Game, \$1</p>
<p>4 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>5 9:45 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service, pre-register ★1:00–3:00 p.m. Medicare Clinic, Pre-register</p>	<p>6 9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>7 11:00 a.m. Bridge, \$2</p>	<p>8 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 Card Game, \$1</p>
<p>11 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>12 9:45 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service, Pre-register</p>	<p>13 9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>14 11:00 a.m. Bridge, \$2 ★10:00 a.m. Free John Nale presentation, Pre-registration required.</p>	<p>15 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 ★12:30 Remember Me Readings. Pre-register 1:00pm 63 Card Game, \$1</p>
<p>18 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>19 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service Pre-register</p>	<p>20 9:00 a.m. Richard Simmons Workout, \$1 9:30 a.m. Speak French Social Hour, \$3 12:00 p.m. Family Caregiver support group 12:30 p.m. Cribbage, \$1</p>	<p>21 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2</p>	<p>22 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 Card Game, \$1</p>
<p>25 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>26 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 1:00 p.m. Hand & Foot \$1 ★1:00 p.m. Notary Service Pre-register</p>	<p>27 9:00 a.m. Richard Simmons Workout, \$1 ★9:00 a.m. Boothbay Harbor Trip for Windjammer Days. Pre-register. 9:30 a.m. Speak French Social Hour, \$3 12:30 p.m. Cribbage, \$1</p>	<p>28 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2</p>	<p>29 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 Card Game, \$1</p>



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