


Muskie Dining Menu

March 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 Baked Ham Sweet Potato Green Beans Dessert \$6.50	2 Lemon Herbed Haddock Oven Fries Beets Dessert
5 Swedish Meatballs Noodles Beets Dessert	6 Lasagna Broccoli Dessert	7 Meatloaf Mashed Potato Carrots Dessert	8 Sliced Turkey Roll-Up w/Stuffing Mashed Potato Butternut Squash Dessert \$6.50	9 Salmon Fillet Chive Potatoes Carrots Dessert
12 Salisbury Steak Rice Pilaf Green Beans Dessert	13 Chicken Cordon Bleu' Parsley Potatoes Butternut Squash Dessert	14 Chicken Alfredo Broccoli Dessert	15 Corned Beef & Cabbage Potatoes Carrots Dessert \$7.00	16 Haddock Roasted Potato Mixed Vegetables Dessert
19 Spaghetti & Meatballs Carrots Dessert	20 Chicken & Veggie Stir Fry over Rice Mixed Vegetables Dessert	21 Shepherds Pie Green Beans Dessert	22 Pot Roast Mashed Potato Parsnips & Carrots Dessert \$6.50	23 Seasoned Haddock Potatoes Vegetable Medley Dessert
26 Chicken Fingers Macaroni & Cheese Broccoli Dessert	27 Baked Chicken Parsley Potatoes Corn Dessert	28 Cheese Manicotti Vegetable Medley Dessert	29 Roast Pork Mashed Potato Green Beans Dessert \$6.50	30 Lemon Haddock Rice Pilaf Carrots 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

March 2018

★ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
 <p>The United Way generously supports Spectrum Generations' Nutrition Program.</p>			<p>1 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>2 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>5 9:00 a.m. Richard Simmons Workout, \$1</p>	<p>6 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★ 10:00 a.m. Computer Class. Pre-registration required. 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service, pre-registration required.</p>	<p>7 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>8 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>9 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>12 9:00 a.m. Richard Simmons Workout, \$1 ★ 2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>13 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★ 10:00 a.m. Computer Class. Pre-register 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>14 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>15 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>16 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 ★ 12:30 Remember Me Readings. Pre-register 1:00 p.m. 63 card game, \$1</p>
<p>19 9:00 a.m. Richard Simmons Workout, \$1 ★ 2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>20 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★ 10:00 a.m. Computer Class. Pre-register. 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service Pre-register</p>	<p>21 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>22 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>23 8:00 a.m. Public Breakfast, \$5.50 9:00 a.m. Richard Simmons Workout, \$1 1:00 p.m. 63 card game, \$1 ★ 1:00-3:00 Medicare Clinic. Pre-Register</p>
<p>26 9:00 a.m. Richard Simmons Workout, \$1 ★ 2:00 - 3:00 p.m. Healthy Food for Every Age class</p>	<p>27 8:30 a.m. Yoga, \$5 9:45 a.m. Quilters \$1 ★ 10:00 a.m. Computer Class. Pre-register. 1:00 p.m. Hand & Foot \$1 ★ 1:00 p.m. Notary Service Pre-register</p>	<p>28 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>29 8:30 a.m. Yoga, \$5 11:00 a.m. Bridge, \$2 ★ 1:00-2:00 p.m. Robin Maginn, Senior Personal Trainer</p>	<p>30 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.