

# Cohen Dining Menu

February 2019

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 Teriyaki Pork Stir Fry Vegetables Fried Rice Egg Rolls Fortune Cookie Garden Salad 🎵 Swingtime
4 <b>\$10.00 Cost For All</b> Lobster Bisque Prime Rib Baked Stuffed Potato Glazed Carrots Please RSVP	5  Baked Stuffed Squash <b>V</b> or Chicken w/ Stuffing Peas & Mushrooms <b>V</b> Fruit/fruit juice 🎵 Paul Barrett Theresa Hollowell	6 Haddock w/ Cheese Sauce Rice Pilaf Broccoli Fruit/fruit juice Garden Salad 🎵 Dave Fisher	7 <b>Breakfast</b> <b>Lunch</b> 7am <b>\$5.00</b> Chicken Scrambled Carbonara Eggs Pasta French Garlic Bread Toast Green Beans Sausage	8 American Chop Suey Mixed Veg. Broccoli Garden Salad Fruit/fruit juice 🎵 Dave McInnis
11 <b>\$6.50 Cost For All</b> Roast Turkey Gravy Mashed Potatoes Garden Salad	12  Baked Ham Polenta w/ Mushroom Gravy <b>V</b> Au Gratin Potato Almond Green Beans Fruit/fruit juice Garden Salad	13 Chicken Pot Pie Broccoli Herb Biscuits Fruit/fruit juice Garden Salad 🎵 Bonnie Hendsbee	14 <b>Valentine's Day \$8.00</b>  Roast Pork Tenderloin Roasted Red Potatoes Orange Beets Garden Salad Chocolate Cupcakes 🎵 Deb Sandler	15 Beef Tips Baked Potato Buttered Corn Fruit/fruit juice Garden Salad
18 <b>Center Closed</b> 	19  Pulled Pork Mac & Cheese BBQ Tofu <b>V</b> Corn & Peas Garden Salad 🎵 Paul Barrett Theresa Hollowell	20 Shepherd's Pie Green Beans Fruit/fruit juice Garden Salad 🎵 Dave McInnis	21 Beef Stew Herb Biscuit Mixed Vegetable Fruit/fruit juice Garden Salad 🎵 Country Gentlemen	22 Chicken Cacciatore Pasta Broccoli Garlic Bread Fruit/fruit juice Garden Salad 🎵 Swingtime
25 <b>\$6.50 Cost For All</b> <b>Mardi Gras</b> Shrimp Po Boy Gumbo Hush Puppies Garden Salad King Cake	26  Stuffed Peppers or Vegetarian Stuffed Peppers Garden Salad Fruit/fruit juice 🎵 Bonnie Hendsbee	27 Ham & Beans Corn Bread Glazed Carrots Fruit/fruit juice Garden Salad 🎵 Mike Theriault	28 Smothered Pork Chop Mashed Potato Corn Fruit/fruit juice Garden Salad 🎵 Deb Sandler	 Every date marked with a bushel of vegetables includes a vegetarian option. option. <b>V—Vegan</b>

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)

# Cohen Center Activities

February 2019

☆ special event/by appointment

Mon	Tue	Wed	Thu	Fri
				1 9:00 a.m. TOPS 12:30 p.m. Book Club
4 ☆ 9:00 a.m. Tai Chi 12:00 p.m. Blood Pressure Clinic 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	5 9:00 a.m. Rug Hooking 10:00 a.m. Ibis 12:45 p.m. Wood Carving 1:00 p.m. Knitting	6 12:30 p.m. Mahjong 1:00 p.m. Game Day	7 7:00 a.m. Breakfast - 8:30 a.m.	8 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
11 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	12 9:00 a.m. Rug Hooking 12:00 pm. Family Care Givers Support 12:45 p.m. Wood Carving 1:00 p.m. Knitting	13 ☆ 9:00 a.m. Ask The Lawyer ☆ 9:00 a.m. Ask the Financial Advisor 12:30 p.m. Mahjong 1:00 p.m. Game Day	14 ☆ 1:00 p.m. Medicare 101	15 9:00 a.m. TOPS 12:30 p.m. Book Club
18 Center Closed 	19 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	20 12:30 p.m. Mahjong 1:00 p.m. Game Day	21 10:00 a.m. Cell Phone Class 1:30 p.m. Cooking Class	22 9:00 a.m. TOPS ☆ 1:00 p.m. Spirit Readings
25 ☆ 8:30 a.m. Medicare 101 ☆ 9:00 a.m. Tai Chi 12:30 p.m. Mahjong 1:00 p.m. Partner Cribbage	26 9:00 a.m. Rug Hooking 12:45 p.m. Wood Carving 1:00 p.m. Knitting	27 ☆ 9:00 a.m. Ask The Lawyer 12:30 p.m. Mahjong 1:00 p.m. Game Day	28	



Spectrum Generations is an Equal Opportunity Provider.

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