Muskie Dining Menu

June 2019

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

Mon	Tue	Wed	Thu	Fri
3 Franks & Beans Coleslaw Beets Dessert	4 Chicken Cacciatore Pasta Broccoli Dessert	5 Meatloaf Mashed Potato Peas & Carrots Dessert	6 Chicken Cordon Bleu Au gratin Potatoes Green Beans Dessert **$6.50**	7 Salmon Fillet Mashed Potato Carrots Dessert
10 Cheese Tortellini Primavera Vegetable Medley Dessert	11 Chicken Pot Pie over Biscuit Carrots Dessert	12 Cheeseburger Corn on the Cob Oven Fries Dessert	13 Roast Pork Mashed Potato Summer Squash Dessert **$6.50**	14 Herb & Butter Haddock Parsley Potato Corn Dessert
17 Chicken Fingers Macaroni & Cheese Broccoli Dessert	18 BBQ Riblet Kielbasa Baked Beans Green Beans Dessert	19 Chicken & Gravy Mashed Potatoes Carrots Dessert	20 Turkey Dinner with all the Fixings Pumpkin Pie **$7.00**	21 Salmon Pie Rice Pilaf Beets Dessert
24 Spaghetti & Meatballs Vegetable Medley Dessert	25 Ham & Scalloped Potato Casserole Carrots Dessert	26 Beef Stroganoff Noodles Zucchini Dessert	27 Baked Chicken Scalloped Potato Carrots Dessert **$6.50**	28 Seasoned Haddock Roasted Potato Seasonal Vegetable Dessert
			LIVE UNITED United Way The United Way generously supports Spectrum Generations' Nutrition Program.	**Breakfast Buffet Fridays** from 8:00 — 10:00 a.m. Breakfast cost: **$6.00**

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 2019

☆ Special event/by appointment only

Mon	Tue	Wed	Thu	Fri
3 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	4 **8:30 a.m.** Yoga, $5 **9:45 a.m.** Quilters $1 **1:00 p.m.** Hand & Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	5 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00-3:30 p.m.** Cooking Matters for Adults Registration Required.	6 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	7 **8:00 a.m.** Public Breakfast Buffet, $6.00 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 p.m.** 63 Card Game, $1
10 **9:00 a.m.** Richard Simmons Workout, $1 ☆**1:00 - 3:00p.m.** Medicare Clinic, Pre-register **1:00 - 3:45 p.m..** Pony Canasta $1	11 **8:30 a.m.** Yoga, $5 **9:45 a.m.** Quilters $1 **1:00 p.m.** Hand & Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	12 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00-3:30 p.m.** Cooking Matters for Adults Registration Required.	13 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	14 **8:00 a.m.** Public Breakfast Buffet $6.00 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 p.m.** 63 Card Game, $1 ☆**10:30-11:30 p.m.** Current issues in Elder Abuse free discussion with John Nale, Esq. Pre-register
17 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	18 **8:30 a.m.** Yoga, $5 **9:45 a.m.** Quilters $1 **1:00 p.m.** Hand and Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	19 **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** Speak French Social Hour, $3 **12:30** Cribbage, $1 **1:00 p.m.** Family Caregiver Support Group, Public! ☆**2:00-3:30 p.m.** Cooking Matters for Adults Registration Required.	20 **8:00 a.m. - 3:00 p.m.** Plant, Jewelry, and White Elephant Sale.	21 **8:00 a.m.** Public Breakfast Buffet, $6.00 **8:00 a.m. - 3:00 p.m.** Plant, Jewelry, and White Elephant Sale. **9:00 a.m.** Richard Simmons Workout, $1 ☆**12:30** Remember Me Readings. Pre-register **1:00pm** 63 Card Game, $1
24 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 - 3:45 p.m..** Pony Canasta $1	25 **8:30 a.m.** Yoga, $5 **9:45 a.m.** Quilters $1 **1:00 p.m.** Hand and Foot $1 ☆**1:00 p.m.** Notary Public, Appointment required.	26 ☆**9:00 a.m.** Boothbay Trip. Registration Required. **9:00 a.m.** Richard Simmons Workout, $1 **9:30 a.m.** French Social Hour, $3 **12:30** Cribbage, $1 ☆**2:00-3:30 p.m.** Cooking Matters for Adults Registration Required.	27 **8:30 a.m.** Yoga, $5 **11:00 a.m.** Bridge, $2	28 **8:00 a.m.** Public Breakfast Buffet, $6.00 **9:00 a.m.** Richard Simmons Workout, $1 **1:00 p.m.** 63 Card Game, $1
				LIVE UNITED United Way The United Way Generously supports Spectrum Generations' Nutrition Program.

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