

In several municipalities of the MRC de Coaticook

March 2nd, **Barnston-Ouest/Stanstead-Est**, Way's Mills Community Center, 2081, chemin Way's Mills

March 5th, **Martinville/Ste-Edwidge**, Martinville Municipal Office, 233, rue Principale Est

March 10th, **East Hereford/St-Venant de Paquette**, East Hereford Town Hall, 15, rue de l'Église

March 12th, **Dixville**, Town Hall, 251, chemin Parker

March 19th, **Compton**, Manoir de Chez-Nous, 4 chemin de la Station

March 24th, **Waterville**, Town Hall, 170, rue Principale Sud

March 31th, **St-Herménégilde**, Community Center, 776, rue Principale

April 14th, **St-Malo**, local de l'Âge d'or / senior citizen room, 459, route 253

Coaticook : February 26th, March 11th and 25th; April 1st, 15th et 22th, basement of St-Jean Church, 50 rue Court.

From 1:30 to 4:00 pm

Disabled people: March 17th, **9:00 - 12:00 am**, habitations Hestia, 120, rue des Ruisselets, Coaticook.

CAB volunteers will collect your documents. They will forward these to people who have been trained to fill out your returns.

REQUIRED DOCUMENTS

- your tax slips
- your 2018 federal and provincial notices of assessment
- the RL-31 slip for tenants
- the municipal tax bill for owners

Application and processing fees payable upon registration: 5 \$

ELIGIBILITY CRITERIA

Single person

Annual income of **25 000 \$** and less

Couple

Annual income of **35 000 \$** and less

1 adult with 1 child

Annual income of **30 000 \$** and less (2 000 \$ for each additional person)

AND you earn less than 1 000 \$/year in interest

For more information: 819-849-7011 # 225



La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

**FRESH MEALS SERVED
AT HOME**

March 2020 MENU

*CAB is proud to use meat from the Moisson
Estrie to reduce food waste and maintain the
affordable cost of the meals.*

CENTRE
D'Action **BÉNÉVOLE**
DE LA MRC DE COATICOOK



**MOISSON
ESTRIE**

MEALS ON WHEELS MARCH 2020

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>2 Lentils soup Creole sausages Rice & vegetables Pudding & cookies</p>	<p>3 Cream of carrot soup African beef Mashed Carrots & vegetables Fruit square</p>	<p>4 Onion soup Chinese chicken macaroni Vegetables Bran muffin</p>	<p>5 Noodle & vegetable soup Cabbage cigar Mashed potatoes & vegetables Bavarian pudding</p>	<p>6 Fish Chowder Salsa chicken Rice & Vegetables Upside-down pineapple cake</p>
<p>9 Cream of celery soup Beef bourguignon Mashed potatoes & Vegetables Fruit salad yogurt & cookies</p>	<p>10 Beef and barley soup Chicken with garden vegetables Pasta, Vegetables Raspberry pudding cake</p>	<p>11 Minestrone soup Veal patty Mashed potatoes and turnips, vegetables Pumpkin cookies</p>	<p>12 Cream of mushroom soup BBQ pork chop Rice and vegetables Apple & spice cake</p>	<p>13 Cream of broccoli soup Salmon pie Quinoa & vegetables Date square</p>
<p>16 Cream of tomato and pepper soup Pork & vegetable sauté Rice and vegetables Pudding & cookies</p>	<p>17 St-Germain broth Spaghetti with meat sauce Vegetables, Fruit and chocolate muffin</p>	<p>18 Chicken noodle soup Turkey stew Roasted carrots and vegetables Molasses cookie</p>	<p>19 Cream of spinach soup Meatloaf Mashed potatoes and vegetables Fruit pudding</p>	<p>20 Farmer's daughter soup Dijon & honey salmon Rice and vegetables Banana bread</p>
<p>23 Tomato & rice soup Beef stroganoff Egg noodles Vegetables Jell-o and cookies</p>	<p>24 Cream of vegetable soup Pork à la provençale, Mashed potatoes Vegetables Carrot cake</p>	<p>25 Beef and vegetable soup Chicken curry, couscous and vegetables, Maple cake pudding</p>	<p>26 Cream of tomato soup Meatballs and peaches Rice and vegetables Tapioca</p>	<p>27 Country-style soup Potato Frittata Tomatoes, vegetables Fruit muffin</p>