

Covid-19

Please note that due to the covid-19 pandemic we are inviting all people aged 70 and over to stay at home and to decrease contact with people outside.

For this reason, the deliverers will put your meals on wheels in a bag that you have previously put outside, to avoid contact.

In addition, payments must be made by check or interac, we no longer accept cash, this for the protection of our deliverers. For more information on the latter method, please contact us.

Thank you very much for your collaboration, it makes all the difference.

Let us be united!

For more information
819-849-7011 ext 225



La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

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

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

**FRESH MEALS SERVED
AT HOME
APRIL 2020 MENU**

MEALS ON WHEELS APRIL 2020

Monday	Tuesday	Wednesday	Thursday	Friday
30 Tomato & noodles soup Broccoli & pork stew Pasta and vegetables Applesauce & cookies	31 Lentil & vegetable soup Shepard's pie Preserves Zucchini cake	1 Red bean soup Chicken vol-au-vent Mashed potatoes and vegetables Date square	2 Chicken and barley soup Beef stew Vegetables Lemon pie	3 Beef & noodle soup Portuguese style fish fillet and Rice, Vegetables Vanilla cake with fruit sauce
6 Garden vegetable soup Pork medallion Rice & vegetables Yogurt & cookies	7 Cream of chicken soup Meatball stew Mashed potatoes & vegetables Orange-mandarin Jell-O	8 Cream of corn soup Meat macaroni Vegetables Chocolate-banana cookies	9 Cabbage soup Chicken tournedos Potato gratin vegetables Rhubarb pudding	10 <b style="text-align: center;"><u>Closed</u> <u>Good Friday</u>
13 <b style="text-align: center;"><u>Closed</u> <u>Easter Monday</u>	14 Cream of Broccoli soup Chicken with apples Couscous Vegetables Pears & cookies	15 Chinese Soup Pork & vegetable stew Potatoes Pudding & cookies	16 Tomato and barley soup Beef patty & sautéed vegetables Rice Jell-O & cookies	17 Cream of asparagus soup Salmon with dill sauce, orzo Vegetables Spice cake
19 Chicken & rice soup Beef with cabbage Mashed potatoes vegetables 26 Peaches & cookies	20 Cream of chicken soup Ham quiche Mashed carrot & turnip vegetables Blueberry Muffin	21 Vegetable soup Chicken à la King Mashed potatoes and vegetables Crispy fruit yogurt	22 Lentil soup Meat lasagna Vegetables Cake with chocolate sauce	23 Cream of leek soup Fish with lemon sauce, rice, Coleslaw Apple crisp
Lentils soup Creole sausages Rice & vegetables Pudding & cookies	27 Cream of carrot soup African beef Mashed Carrots & vegetables Fruit square	28 Onion soup Chinese chicken macaroni Vegetables Bran muffin	29 Noodle & vegetable soup Cabbage cigar Mashed potatoes & vegetables Bavarian pudding	30 Fish Chowder Salsa chicken Rice & Vegetables Upside-down pineapple cake

