

**Don't feel like cooking!  
Still wondering what to make for dinner!  
Meals on Wheels is for you!!**

**It is for people aged 50 and over as well as  
convalescents, the disabled and  
new mothers regardless of income.**

**We provide balanced meals approved by a  
nutritionist.**

**Delivery service is available in 11 municipalities.  
of the Coaticook MRC.  
Certain conditions apply.**

**Keep in mind that the price is \$ 6 for the entire meal.**

**Please note that Meals on Wheels will be on break from December 20<sup>th</sup>,  
2024, until January 6<sup>th</sup>, 2025.**

To accommodate you during this period, it is possible to order  
extra meals with your usual order.

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



**La popote  
roulante**

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK

**Fresh meals served at home**

**MENU**


**JANUARY 2025**

The CAB is proud to use meat from  
Moisson Estrie to reduce  
food waste and maintain  
the affordability of Meals on Wheels.



**MOISSON  
ESTRIE**

# MEALS ON WHEELS JANUARY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
 <p style="text-align: center;"><i>Happy New Year!</i>  <i>Devotion, innovation, and sharing are the ingredient for an excellent 2025.</i>  <i>The whole team thanks you for your trust.</i></p>				
<p><b>6</b>            Corn Chowder,            Garden chicken, Vegetables, Bread            Oatmeal Cookie</p>	<p><b>7</b>            Beef and Rice Soup            Gratinated macaroni, Vegetables            Blueberry Squares</p>	<p><b>8</b>            Chicken Noodle Soup            Maple Beef Stew, Potatoes, Vegetables,            Cherry Cake</p>	<p><b>9</b>            Cream of Vegetable Soup            Meatloaf, Rice, Vegetables            Muffin</p>	<p><b>10</b>            Turnip and gourmet Soup            Seafood gratin, vegetables            Zucchini chocolate cake</p>
<p><b>13</b>            Minestrone Soup            Beef Patty, Rice, Sauteed vegetables            Muffin chocolate</p>	<p><b>14</b>            Brocoli Velouté            Chicken Pot Pie,            Mashed potatoes, Vegetables            Fruit Crisp</p>	<p><b>15</b>            Chines Soup            Sausage casserole, rice pilaf.            Vegetables,            Banana bread</p>	<p><b>16</b>            Onion Soup            Porcupine Meatball, Vegetables,            Potato            Fruit Pudding</p>	<p><b>17</b>            Vegetable Soup            Fish fillet with béarnaise sauce, rice,            vegetables            Bread and raisin Pudding</p>
<p><b>20</b>            Tomato &amp; rice Soup            Chicken curry, couscous, and            vegetables,            Pumpkin cookies</p>	<p><b>21</b>            Cream of Vegetable Soup            Meat lasagna, Vegetables            Tapioca and cookies</p>	<p><b>22</b>            Cream of Celery Soup            Ham and pasta salad, vegetables            Blueberry Muffins</p>	<p><b>23</b>            Tomato and Corn Soup            Pork chop            Mashed potatoes and vegetables            Lemon square</p>	<p><b>24</b>            Chicken noodle Soup            Dill salmon, Rice &amp; Vegetables            Oat cake</p>
<p><b>27</b>            Vegetable Soup,            Chicken grandpa, rice, and vegetables            Jell-O &amp; cookies</p>	<p><b>28</b>            Cream carrot and broccoli Soup            African beef, Potatoes and vegetables            Chocolate pie</p>	<p><b>29</b>            Beef and barley Soup            Chinese chicken macaroni (Chow mein)            Date square</p>	<p><b>30</b>            Rice and chicken Soup            Honey and Balsmatic vinegar pork            medallion, Vegetables            Molasse cookies</p>	<p><b>31</b>            Tomato and noodle Soup            Trout pies, vegetables,            Chocolate sauce cake</p>