

We would like to inform you that the Meals on Wheels service will be on pause from **July 20 to August 7, 2026** inclusively. We will be back on **August 10, 2026**.

To help you out during this period, it is possible to order additional meals in advance to cover these three weeks.

Also, during the summer period, from **June 19 to September 4, 2026** inclusively,

Friday's meals will be delivered at the same time as Thursday's.

Thank you very much for your understanding and cooperation. We look forward to continuing to serve you!

We would like to inform you that due to the increase in costs related to raw materials, the price of our frozen meals will be adjusted.

As of **June 1, 2026**, the price will increase to **\$4.50 instead of \$4** per meal.

We continue to make every effort to offer you quality meals at the best possible price and thank you for your understanding.

Thank you for your trust.

Fees and delivery

Meal delivery is available in all 11 municipalities of the Coaticook RCM. Certain conditions apply. Only \$6 for soup, the main dish, dessert, and delivery.

For more information:

Sandra Boss – 819-849-7011 ext. 225
popote@cabmrccoaticook.org
Josée Thibault – 819-849-7011 ext. 236

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



**La popote
roulante**

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK




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



The CAB is proud to use meat from Moisson Estrie to reduce food waste and keep meal prices affordable.


**MOISSON
ESTRIE**

July 2026

Lundi	Mardi	Mercredi	Jeudi	Vendredi
29 Canada Day 	30 Corn Chowder Chicken jardinière, fettucinis, vegetables Oatmeal Cookie	1 Chicken and noodle soup Maple pork, potatoes, vegetables Cherry Cake	2 Cream of vegetables, Meatloaf, rice, vegetables Banana muffin	3 Gourmet turnip Soup Seafood gratin, Vegetables Spice Cake ← Thursday delivery
6 Minestrone soup Beef patty, rice, sautéed vegetables Chocolate Chip Muffin	7 Broccoli soup Chicken Pot Pie, Mashed Potato, Vegetables Fruit Crisp	8 Chinese soup Sausage casserole, rice pilaf and vegetables Banana bread	9 Cream of celery Pasta salad with ham and vegetables, Cheese and raw vegetables, Fruit yogurt and biscuit	10 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin pudding ← Thursday delivery
13 Rice and tomato soup Curried chicken, couscous, vegetables, Pumpkin Cookie	14 Cream of vegetables Lasagna with meat sauce, vegetables Tapioca and biscuit	15 Italian Wedding Soup Beef Marengo, potatoes, Vegetables, Brownie	16 Corn and tomato soup Pork chop, mashed potato, vegetables Lemon Square	17 Beef and noodle soup Salmon with dill, rice and vegetables Oatmeal Cake ← Thursday delivery



**Second choice for the month of July:
Chicken Wrap with Salad**
 Available anytime, this delicious option is offered to you throughout the month, whenever you like.



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

