

*Need a break from cooking lunch?
Always wondering what to make for dinner?
Meals on Wheels is here for you!*

This service is available to people aged 50 and over, as well as to individuals recovering from illness, people with disabilities, and new mothers—regardless of income. All meals are balanced and approved by a nutritionist.

Please note that Meals on Wheels will be closed from July 21 to August 10, 2025, inclusive. However, you may order additional meals in advance to cover the three-week closure.

Also, from June 13 to September 1, 2025, inclusive, Friday meals will be delivered together with Thursday's meals. Thank you for your cooperation!

DELIVERY AND COST

Delivery is available in all 11 municipalities of the Coaticook MRC (certain conditions apply).
Only \$6 for soup, a main dish, dessert, and delivery included!

For information:
Sandra Boss 819 849-7011 ext. 225
popote@cabmrccoaticook.org

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

MAY 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 May 2025

Monday	Tuesday	Wednesday	Thursday	Friday
5 Minestrone soup Beef patty, rice, sautéed vegetables Chocolate chip muffin	6 Cream of broccoli soup Chicken pâté, mashed potato, vegetables Fruit crumble	7 Chines Soup Sausage casserole, rice Pilaf, Vegetables Banana bread	8 Onion soup Pork dumplings, vegetables, mashed potatoes, Fruit pudding	9 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin pudding
12 Rice and tomato soup Curried chicken, couscous, vegetables, Pumpkin cookie	13 Cream of vegetable soup Lasagne with meat sauce and vegetables Tapioca and cookie	14 Cream of celery soup Pasta salad with ham and vegetables, Cheese, vegetables Blueberry muffin	15 Corn and tomato soup Pork chop, mashed potato, vegetables Lemon square	16 Chicken noodle soup Dill salmon, rice and vegetables Oatmeal cake
19 Closed National Patriots' Day	20 Vegetable soup Grandpa with chicken, Rice, vegetables Jell-o and cookie	21 Broccoli and carrot soup African beef, vegetables, potato. Chocolate pie	22 Rice and chicken soup Honey and vinegar pork medallion Egg noodles with vegetables Molasses cookie	23 Tomato noodle soup Trout pies, Vegetables, Chocolate cake
26 Crecy soup Chicken with mashed potato sauce, vegetables Apple compote and cookie	27 Bean Soup Pulled pork burger, hash browns, vegetables Coconut square	28 Cream of spinach soup Spaghetti with meat sauce, cheese, Bread roll. Unemployed pudding	29 Barley and tomato soup Pesto ravioli with vegetables Fruit muffin	30 Beef noodle soup Fish fillets with mushroom sauce, rice and vegetables Apple cake



Discover the
2nd choice of the month:
pollock & salad pita
Available at all times, this delicious option is
offered to you
all month long.

