



The Christmas Basket Campaign is just around the way. It will take place from November 11 to December 20, 2024.

During this campaign we will collect money and non-perishable food at the CAB, but also in the various shops of the MRC.

You can also make a donation online by going to the Donations section of our website: cabmrccoaticook.org

Please note that Meals on Wheels will be closed from December 20, 2024, to January 5, 2025, inclusively for the holiday season. Back on January 6, 2025. To help you during these two weeks, it will be possible to order extra meals, as well as frozen dishes.

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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

NOVEMBER 2024

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



MEALS ON WHEELS · November 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Minestrone Soup Beef Patty, Rice, Sauted vegetables Muffin chocolate chip</p>	<p>5 Brocoli Velouté Chicken Pot Pie, Mashed potatoes, Vegetables Fruit Crisp</p>	<p>6 Chinese Soup Stewed Pork, Noodles, Vegetables, Banana bread</p>	<p>7 Onion Soup Porcupine Meatball, Vegetables, Mashed potatoes Fruit Pudding</p>	<p>8 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin Pudding</p>
<p>11 Tomato and rice Soup Chicken curry, couscous, and vegetables, Pumpkin cookies</p>	<p>12 Cream of Vegetable Soup Meat lasagna Vegetables Tapioca and cookies</p>	<p>13 Cream of Celery Soup Ham and pasta salad, vegetables Blueberry Muffins</p>	<p>14 Tomato and noodle Soup Pork chop Mashed potatoes and vegetables Lemon square</p>	<p>15 Chicken noodle Soup Dill salmon, Rice & Vegetables Oat cake</p>
<p>18 Vegetable Soup Chicken grandpa, rice, and vegetables Jell-O & cookies</p>	<p>19 Cream carrot and broccoli Soup African beef, Potatoes, and vegetables Chocolate pie</p>	<p>20 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square</p>	<p>21 Rice and chicken Soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies</p>	<p>22 Tomato and Noodle Soup, Trout pies, vegetables, Chocolate sauce cake</p>
<p>25 Cream of carrot Soup turkey in sauce, Mashed potatoes, vegetables Apple compote & cookies</p>	<p>26 Bean Soup, Pulled Pork burger, hash browns, vegetables. Coconut Square</p>	<p>27 Cream of Spinach Soup Spaghetti with meat sauce, cheese, bread Maple cake pudding</p>	<p>28 Barley and tomato Soup, Beef and cabbage casserole, potato, vegetables Fruit muffins</p>	<p>29 Beef and noodle Soup Fish fillet with mushroom sauce, rice, vegetables Apple cake</p>