

Looking for a meal break?
Never know what to make for dinner.
Our mobile meal service (Meals on Wheels) is here for you!
This service is intended for **people aged 50 and over, people recovering from illness, people living with a disability, and new mothers** — regardless of income.
Enjoy balanced, tasty meals approved by a nutritionist!

MEAL ORDERS

Orders must be placed one week in advance,
Monday through Thursday between 9 a.m. and 12 p.m.
Meal cancellations.
Please cancel your meal as soon as possible or,
in case of emergency, no later than 10 a.m.
Please note: any meal that is not canceled will be charged.
For more information Sandra Boss
819-849-7011, ext. 225
popote@cabmrccoaticook.org

DELIVERY AND COST \$\$\$

Meals on Wheels is available in the 11 municipalities of the Coaticook RCM
(certain conditions apply).

Get soup + main course + dessert + delivery for **only \$7!**

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



**La popote
roulante**

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK


*Enjoy our
home-cooked
meals delivered
to your door!
September 2025*

<i>Popote</i> NEWS RATES	
from September 1, 2025	
SOUP	1.00\$
PRINCIPAL MEAL	5.00\$
DESSERT	1.00\$

Thanks to our partnership with **Moisson Estrie**,
the CAB is pleased to offer meals that
help reduce food waste,
while remaining **healthy and affordable for everyone.**



OCTOBRE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
29 Vegetable Soup, Chicken grandpa, rice, and vegetables Jell-O & cookies	30 Cream carrot and broccoli Soup African beef, Potatoes and vegetables Chocolate pie	1 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square	2 Rice and chicken Soup Honey and vinegar pork medallion Egg noodles with Vegetables Molasse cookies	3 Tomato and noodle Soup Trout pies, vegetables, Chocolate sauce cake
6 Cream of carrot Soup turkey in sauce, Mashed potatoes, vegetables Applesauce	7 Bean Soup Beef burger, hash browns, vegetables Coconut square	8 Cream of Spinach Soup Spaghetti with meat sauce, cheese, bread Maple cake pudding	9 Barley and tomato soup Pesto ravioli with vegetables Fruit muffin	10 Beef and noodle Soup Fish filet with mushroom sauce, rice, vegetables Apple cake
13 	14 Leek cream, Creole sausages, vegetables, Rice Tapioca and cookies	15 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies	16 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie	17 cabbage and Beef Soup Ham & cheese macaroni, Vegetables Apple crisp
20 Beetroot and pear soup Teriaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit	21 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	22 Peasant soup Crispy chicken, Anciens grains Mashed carrot & turnip, Chocolate-banana Cookie	23 Beef and Vegetable Soup Fillet Pork, Rice, Vegetables Bran and raisin Muffin	24 Cream of tomato Soup pâté with salmon and egg sauce, vegetables Strawberry and rhubarb pudding
27 Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies	28 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	29 Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin	30 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	31 Squash Soup, Mini BBQ Chicken Pizza, vegetables Vanilla Pudding and cookies



Discover the
2nd choice of the month:
a pasta and raw vegetable salad.
Available at any time, this delicious option is
offered to you
all month long.