

For appointments or information: 819-849-7011 #224

Tax 2025 **FREE FREE FREE**



WALK-IN TAX CLINICS

Every Tuesday from February 24 to April 28, from 1 p.m. to 4 p.m.
Two Tuesday evenings on March 17 and April 7, from 4 p.m. to 7 p.m.
WHERE: At the Action Hall, 87 Main Street West in Coaticook, parking across the street

TAX CLINICS BY APPOINTMENT ONLY

MARCH 3 FROM 1 PM TO 4 PM
Municipal office, 233 Principale Street East, Martinville, QC J0B 2A0

MARCH 31 FROM 1 PM TO 4 PM
In the basement of the church, Room 4
6747 Rte Louis-S.-Saint-Laurent, Compton, Quebec J0B 1L0

Meal delivery is available throughout the MRC de Coaticook, except in Waterville. Certain conditions apply.

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



La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE DE LA MRC DE COATICOOK



MARCH



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

MARCH MENU 2026

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 2 Roasted Pepper Velouté Chicken à la King, Potatoes and Vegetables Healthy Cookies | 3 Pea Soup Ham with Pineapple Carrot Purée and Rice Fruit Tartlet | 4 Cream of Asparagus Soup Beef Bourguignon, Potatoes and Vegetables Zucchini Cake | 5 Tomato and Noodle Soup Peach Meatballs, Rice and Vegetables Queen Elizabeth Cake | 6 Sweet Potato and Cheddar Soup Creamy Salmon Pasta Vanilla Pudding and Biscuit |
| 9 Corn Chowder Garden Chicken, Vegetables and Bread Oatmeal Cookies | 10 Beef and Rice Soup Gratinated Macaroni and Vegetables Blueberry Squares | 11 Chef's Choice  | 12 Cream of Vegetable Soup Meatloaf, Rice and Vegetables Banana Muffin | 13 Turnip and Fin Gourmet Soup Seafood Gratin and Vegetables Spice Cake |
| 16 Minestrone Soup Beef Patty, Rice and Vegetables Chocolate Muffin | 17 Broccoli Velouté Chicken Pot Pie, Potatoes and Vegetables Fruit Crisp | 18 Chinese Soup Sausage Casserole, Pilaf Rice and Vegetables Banana Bread | 19 Cream of Celery Pasta Salad with Ham and Vegetables Cheese and Raw Vegetables Yogurt, Fruit Salad and Biscuit | 20 Vegetable Soup Fish Fillet with Béarnaise Sauce, Rice and Vegetables Bread and Raisin Pudding |
| 23 Tomato and Rice Soup Chicken Curry, Couscous and Vegetables Pumpkin Cookies | 24 Mushroom Cream Soup Meat Lasagna and Vegetables Tapioca and Cookies | 25 Italian Wedding Soup Beef Marengo, Potatoes and Vegetables Brownie | 26 Corn and Tomato Soup Pork Chop, Mashed Potatoes and Vegetables Lemon Square | 27 Chicken Noodle Soup Dill Salmon, Rice and Vegetables Oat Cake |



**Second choice for the month of March:
Maple Pork**

Available anytime, this delicious option is offered to you throughout the month, according to your cravings.



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

