

*Would you like to have lunch off?
Always wondering what to do for dinner?
The Meals on Wheels is here for you!*

*It is aimed at people aged 50 and over, as well as
convalescent persons, persons with disabilities and
new moms regardless of income.
These are balanced meals approved by a nutritionist.*

*Please take note that meals on wheels will be closed from
July 22th to August 12th, 2024, inclusively. However, you can
order additional meals beforehand to make up for the three
weeks we are closed.*

*Also, we will not be making deliveries on Fridays from June
13th to August 30, 2024 inclusively. The Friday meals will be
delivered with the Thursday meals. Thank you for your
collaboration!*

DELIVERY AND COST

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

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

MENU


JUNE 2024

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 JUNE 2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 Beetroot and pear soup Teriyaki chicken, egg noodle and vegetables Yogurt, fruit salad and biscuit	4 Tomato and noodle soup Dumpling stew with mashed potatoes and vegetables Zucchini Square	5 Peasant Soup Crispy chicken, ancient grains, mashed turnips and carrots. Chocolate-banana biscuit	6 Beef and vegetable soup Pork tenderloin, mashed potatoes and vegetables, Raspberry muffin	7 Tomato cream, Salmon pie with egg sauce, carrots and turnips Strawberry and rhubarb pudding
10 Grilled pepper soup Chicken with king sauce, potatoes and vegetables Healthy Cookie	11 Peas soup Pineapple ham Carrot puree and rice Fruit tart	12 Cream of asparagus Beef bourguignon, mashed potatoes and vegetables Banana muffin	13 Vegetable and noodle soup Peach meatballs, Rice and vegetables Zucchini cake	14 Squash soup Parmentier omelet and vegetables Vanilla pudding and biscuit
17 Corn chowder Chicken gardener, fettucini and vegetables Gruau Cookie	18 Rice and beef soup Macaroni au gratin with vegetables Blueberry Square	19 Chicken and noodle soup Maple beef, potatoes and vegetables Cherry cake	20 Cream of vegetables, Meatloaf, rice and vegetables Muffin	21 Turnip soup and gourmet seafood gratin and vegetables Zucchini chocolate cake
		*Sandwich: gumbo bread *Salad: orzo salad		
24 CLOSED NATIONAL DAY 	25 Minestrone soup Beef patty, rice, and sauteed vegetables Chocolate Chip Muffin	26 Chinese soup Pork stew, noodles and vegetables Banana bread	27 Onion soup Porcupine meatballs, vegetables, mashed potatoes, Fruit Pudding	28 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin pudding
		*Sandwich: Pita pollock *Salad: Broccoli salad		

**New for the summer season, you can add sandwiches and salads to the regular menu from wednesday to friday.*

Price are \$4 for the duo.

The choices for week #1 are: Gumbo bread and orzo salad

Choices for week #2 are: Pollock pita and broccoli salad

SANDWICHES
SALADES 
Nouveau pour l'été!