

Tired of cooking? Wondering what to eat for lunch?

Let Meals on Wheels take care of it.

This service is available for anyone aged 50 and over, as well as individuals recovering from illness, living with a disability, or new mothers — **regardless of income.**

Our meals are balanced, delicious, and approved by a certified nutritionist.

Please note that Meals on Wheels will be on break from July 21 to August 10, 2025, inclusive.

Service will resume on **Monday, August 11, 2025.**

However, you may order **additional meals in advance** to cover this three-week period.

During the summer months, from June 13 to September 1, 2025, inclusive, Friday meals will be delivered along with Thursday's delivery.

Thank you for your understanding.

MEAL ORDERING

Meals must be ordered one week in advance, Monday to Thursday, between 9 a.m. and 12 p.m.

MEAL CANCELLATION

Please cancel your meal as soon as possible, or by 10 a.m. the same day in case of emergency.

Any meal not cancelled will be billed.

For more information:

Sandra Boss 819-849-7011, ext. 225

DELIVERY AND COST

Meal delivery is available in all 11 municipalities of the Coaticook RCM. Certain conditions apply.

Only \$6 for soup, the main dish, dessert, and delivery.



***La popote
roulante***

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

Fresh meals served at home

Menu



AUGUST 2025

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



**MOISSON
ESTRIE**

AUGUST 2025

Monday	Tuesday	Wednesday	Thursday	Friday
Meals on Wheels will be on hiatus from July 21 to August 10, 2025, inclusively. August orders will be taken the week of July 14-17				
11 Cream of carrot soup Chicken with sauce, mashed potatoes, and vegetables Applesauce and cookie	12 Bean soup Pulled pork burger, hash browns, and vegetables Coconut square	13 Cream of spinach soup Spaghetti with meat sauce, cheese, and dinner roll “Pouding chômeur”	14 Barley and tomato soup Pesto ravioli with vegetables Fruit Muffin	15 Beef and noodle soup Fish fillet with mushroom sauce, rice, and vegetables Apple cake
18 Cream of leek soup Creole sausage, rice, and vegetables Tapioca and cookie	19 Vegetable soup Beef Stroganoff, noodles, and vegetables Douglas cake	20 St-Germain soup Chicken with salsa, vegetables, and potatoes Cake with fruit sauce	21 Minestrone soup Shepherd’s pie and vegetables Pineapple coconut cookie	22 Beef and cabbage soup Chicken burger, hash browns, and coleslaw Apple crisp
25 Beet and pear soup Teriyaki chicken, egg noodles, and vegetables Yogurt, fruit salad, and cookie	26 Tomato and noodle soup Meatball stew, mashed potatoes, and vegetables Zucchini square	27 Peasant soup Crispy chicken, ancient grains, mashed turnips and carrots Choco-banana cookie	28 Beef and vegetable soup Pork filet, mashed potatoes, and vegetables Raspberry muffin	29 Cream of tomato soup Salmon pie with egg sauce and vegetables Strawberry and rhubarb pudding
<div><div><p>Discover the 2nd choice of the month: submarine & salad. Available at all times, this delicious option is offered to you all month long.</p></div><div><p>CENTRE D'Action BÉNÉVOLE DE LA MRC DE COATICOOK</p></div></div>				