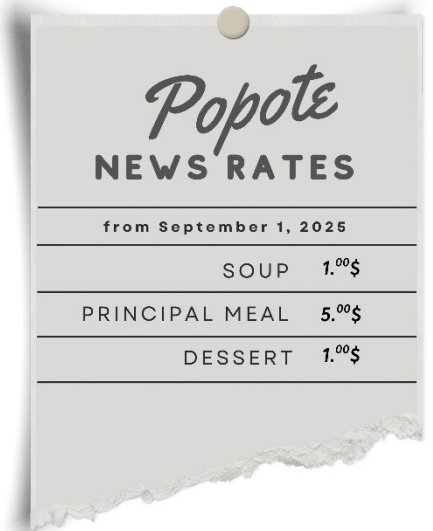




*Enjoy our
home-cooked
meals delivered
to your door!
September 2025*



Popote NEWS RATES	
from September 1, 2025	
SOUP	1. ⁰⁰ \$
PRINCIPAL MEAL	5. ⁰⁰ \$
DESSERT	1. ⁰⁰ \$

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!

Schedule

Please note that Friday meal delivery will resume on September 5, 2025.
In addition, the **service will be closed on Monday, September 1, for Labor Day.**



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!**

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.**



SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 <div></div>	2 Roasted pepper soup Chicken à la King, potatoes, and vegetables Healthy cookie	3 Pea soup Ham with pineapple Mashed carrots, rice Fruit tartlet	4 Vegetable and noodle soup Peach dumplings, rice, and vegetables Zucchini cake	5 Squash soup Mini BBQ chicken pizzas, vegetables Vanilla pudding with biscuit
8 Corn chowder Chicken jardinière, fettuccine, and vegetables Oatmeal cookie	9 Rice and beef soup Macaroni gratin with vegetables Blueberry square	10 Chicken noodle soup Maple beef, potatoes, vegetables Cherry pie	11 Cream of vegetable soup, Meatloaf, rice, vegetables Muffin	12 Turnip soup and gourmet dish Seafood gratin, Vegetables Chocolate zucchini cake
15 Minestrone Soup Beef Patty, Rice, Sauteed vegetables Muffin chocolate	16 Brocoli Velouté Chicken Pot Pie, Mashed potatoes, Vegetables Fruit Crisp	17 Chines Soup Sausage casserole, rice Pilaf, Vegetables Banana bread	18 Onion Soup Porcupine Meatball, Vegetables, Potato Fruit Pudding	19 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin pouding
22 Tomato & rice Soup Chicken curry, couscous, and vegetables, Pumpkin cookies	23 Vegetable cream soup Lasagna with meat sauce and vegetables Tapioca and biscuit	24 Cream of celery soup Pasta salad with ham and vegetables, Cheese, vegetables Blueberry muffin	25 Corn and tomato soup Pork chop, mashed potatoes, vegetables Lemon square	26 Chicken noodle soup Salmon with dill, rice, and vegetables Oatmeal cake



Discover the
**2nd choice of the month :
a tuna & salad croissant.**

Available at all times, this delicious option is
offered to you
all month long.

