

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](mailto:popote@cabmrccoaticook.org)

Josée Thibault – 819-849-7011 ext. 236






# La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK



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

# MEALS ON WHEELS APRIL 2026

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|---|--|--|--|--|
| 30<br>Vegetable soup<br>Grandpa's chicken, rice and vegetables<br>Jell-O & cookies                            | 31<br>Cream of carrot and broccoli soup<br>African beef, potatoes, and vegetables<br>Chocolate Pie | 1<br>Cream of mushroom soup<br>Ravioli with pesto and vegetables<br>Fruit Pudding                                | 2<br>Easter special<br>Sugar shack meal<br><br>← <b>Strike day meal delivered Wednesday, April 1</b> | 3<br> Closed<br>Easter Friday |
| 6<br> Closed<br>Easter Monday | 7<br>Crécy soup (Carrot soup)<br>Chicken in sauce, mashed potatoes and vegetables<br>Applesauce    | 8<br><b>Chef's Choice</b><br> | 9<br>Onion soup<br>Porcupine Meatball, mashed potatoes and vegetables<br>Fruit Muffin                | 10<br>Beef and noodle soup<br>Haddock with tomato sauce, rice and vegetables<br>Apple Cake                       |
| 13<br>Leek cream soup<br>Creole sausages, rice and vegetables<br>Rolled Cake                                  | 14<br>Cream of spinach<br>Spaghetti with meat sauce, cheese and bread<br>Poor man's pudding        | 15<br>St-Germain pea soup<br>Salsa chicken, potatoes and vegetables<br>Cake with fruit topping                   | 16<br>Minestrone soup<br>Shepherd pie and vegetables<br>Coconut and pineapple cookies                | 17<br>Cabbage and beef soup<br>Linguine carbonara and vegetables<br>Apple crisp                                  |
| 20<br>Beetroot and pear soup<br>Teriyaki chicken, egg noodles and vegetables<br>Yogurt, Fruit Salad & Biscuit | 21<br>Tomato and noodle soup<br>Meatball stew, mashed potatoes and vegetables<br>Zucchini Square   | 22<br>Peasant soup<br>Crispy chicken, ancient grains, mashed carrot & turnip<br>Chocolate-banana Cookie          | 23<br>Beef and vegetable soup<br>Pork filet, rice and vegetables<br>Raspberry Muffin                 | 24<br>Tomato cream soup<br>Salmon pâté with egg sauce and vegetables<br>Strawberry and rhubarb pudding           |
| 27<br>Roasted pepper velouté<br>Chicken à la king, potatoes and vegetables<br>Healthy Cookies                 | 28<br>Lentil soup<br>Ham with pineapple, carrot puree and rice<br>Maple Tartlet                    | 29<br>Cream of asparagus<br>Beef bourguignon, egg noodles and vegetables<br>Banana Muffin                        | 30<br>Tomato and noodle soup<br>Peach meatballs, rice and vegetables<br>Zucchini Cake                | 1<br>Sweet potato and cheddar soup<br>Creamy salmon batter<br>Vanilla pudding and biscuit                        |




**Second choice for the month of April: Beef Stroganoff**  
Available anytime, this delicious option is offered to you throughout the month, whenever you like.



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

