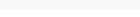


Without appointement : Every Wednesday from February 21st to April 26th 1:00 to 4:00 pm 87, rue Main O., Coaticook



Tax clinics



Eligibility criterias

- Single person : annual income of \$ 35 000 or less
- Couple : annual income of \$ 45 000 or less
- 1 adult with 1 child : annual income of \$ 45 000 or less
- \$ 2 500 more income for each additionnal dependent
- and you earn less than \$1000 / year in interest

Tax clinics by appointment outside Coaticook

BARNSTON-OUEST Way's Mills Community Center March 6th | 13 h 30 à 16 h

MARTINVILLE **Municipal Office** March 13th | 13 h 30 à 16 h

EAST HEREFORD Town Hall, 15, rue de l'Église March 14th | 13 h 30 à 16 h

WATERVILLE Town Hall March 21st | 13 h 30 à 16 h

St-HERMÉNÉGILDE Community Center March 28th | 13 h 30 à 16 h

Free of charge

COMPTON Church basement, room 4 April 1st | 13 h 30 à 16 h

ST-MALO Local de l'Âge d'or, 459 route 243 April 4th | 13 h 30 à 16 h

SERVICE D'AIDE EN IMPOT

Le CAB est fier de pouvoir compter sur de nombreux bénévoles formés pour recueillir vos documents et pour effectuer vos impôts !



For information: Sandra Boss 819 849-7011 ext. 225 popote@cabmrccoaticook.org



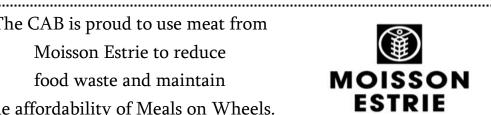
La popote roulante DU CENTRE D'ACTION BÉNÉVOI F DE LA MRC DE COATICOOK

Fresh meals served at home

MENU

APRIL 2024

The CAB is proud to use meat from Moisson Estrie to reduce food waste and maintain the affordability of Meals on Wheels.



MEALS ON WHEELS APRIL 2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
1 Closed Easter Monday	2 Leek cream, Creole sausages, vegetables, Rice Tapioca Cookies	3 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping	4 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie	5 Beef and noodle soup Fish filet with mushroom sauce, rice, vegetables Carrots cake
8 cabbage and Beef Soup Ham & cheese macaroni, Vegetables Apple crisp	9 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	10 Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip, Chocolate-banana Cookie	11 Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin	12 Peasant soup pâté with salmon and egg sauce, turnip carrots Strawberry and rhubarb pudding
15 Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies	16 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	17 Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin	18 Vegetable and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	19 Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding
22 Corn Chowder, Garden Chicken, Vegetables, Bread Oatmeal Cookie	23 Beef and Rice Soup Gratin macaroni, Vegetables Blueberry Squares	24 Cream of Vegetable Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	25 Chicken Noodle Soup Meatloaf, Rice, Vegetables Muffin	26 Chicken cream Seafood gratin, vegetables Zucchini chocolate cake