

Propulsée par
 **Desjardins**



S'unir pour nourrir

Campagne des paniers de Noël 2025

The Christmas Basket Campaign is just around the way. It will take place from November 6 to December 18, 2025.

During this campaign we will collect money and non-perishable food at the CAB, but also in the various shops of the MRC.

You can also make a donation online by going to the Donations section of our website: cabmrccoaticook.org

Notice of closure – Holiday season

Please note that **Meals on Wheels** will be closed from **December 20, 2025 to January 4, 2026 inclusively** for the holiday season. Service will resume **on Monday, January 5, 2026**.

In order to help during this period, it will be possible for you to **order additional meals** as well as **frozen meals** before closing.

In case of inclement weather, you are invited to **plan an extra meal in advance**, as deliveries may be delayed or postponed for safety reasons.

Thank you for your understanding and cooperation. The Meals on Wheels team wishes you a **happy holiday season!**

For information: Sandra Boss and Josée Thibault
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CENTRE
D'Action **BÉNÉVOLE**
DE LA MRC DE COATICOOK



La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

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

★ Tirage moitié-moitié en ligne ! ★
Pour participer :

- Visitez le site web du Centre d'action bénévole de la MRC de Coaticook pour trouver le lien vers le tirage.
- Appelez au CAB pour plus d'information.
- Scannez ce code QR →



TIRAGE LE 11 DÉCEMBRE 16H

The CAB is proud to use meat from
Moisson Estrie to reduce food waste
and maintain the affordable cost
Of meals.



**MOISSON
ESTRIE**

MEALS ON WHEELS · December 2025

Monday	Tuesday	Wednesday	Thursday	Friday
1 Carrot cream Soup, Chicken with Sauce, Mashed potatoes, vegetables Applessauce and cookie	2 Bean Soup Pulled pork burger, hash browns, vegetables Coconut square	3 Spinach cream Soup Spaghetti with meat sauce, cheese, bread Maple cake pudding	4 Barley and tomato Soup, Pesto ravioli with vegetables Fruit muffin	5 Beef and noodle Soup, Fish filet with mushroom sauce, rice, vegetables Apple cake
8 Leek cream, Creole sausages, vegetables, Rice Tapioca and cookies	9 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies	10 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping	11 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie	12 Tomato Soup, Salmon pâté with and egg sauce, vegetables Strawberry and rhubarb pudding
15 Beetroot and pear soup Teriaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit	16 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	17 Peasant soup Crispy chicken, Anciens grains Mashed carrot & turnip, Chocolate-banana Cookie	18 Beef and Vegetable Soup, Pork filet, Rice, Vegetables Raspberry muffin	19 Holiday meals



Discover the
**2nd choice of the month :
chicken curry!**

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

