

Please note that we will be closed from  
April 19 to 23, 2021 due to renovations.  
However, you can order extra meals,  
as well as frozen meals for the time we are closed.



### TAX CLINICS FOR LOW-INCOME PEOPLE

Registration required by phone

819-849-7011, ext. 231

February 22th  
to April 30th

Hours for registering by phone:

Monday, Thursday : 1 pm to 4 pm

Tuesday, Wednesday : 9 am to 12 pm

#### Eligibility criteria

**Single person** : annual income of 25 000 \$ or less

**Couple** : annual income of 35 000 \$ or less

**1 adult with 1 child**: annual income of 30 000 \$ or less  
2 000 \$ more income for each additional dependent  
And you earn less than 1 000 \$/year in interest

**Application and processing fees: 5 \$**

Tax clinics by appointment will be held in some municipalities of the MRC: see the calendar on our website [cabmrccoaticook.org](http://cabmrccoaticook.org)

In Coaticook, you must register by phone and follow the instructions of the volunteers.

For information : 819-849-7011 #224

**For information:**  
**Sandra Boss** 819 849-7011 ext. 225  
[popote@cabmrccoaticook.org](mailto:popote@cabmrccoaticook.org)

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



# La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK

**Fresh meals served at home**

## MENU

**APRIL 2021**

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



**MOISSON  
ESTRIE**

## MEALS ON WHEELS APRIL 2021

| LUNDI  | MARDI  | MERCREDI   | JEUDI   | VENDREDI   |
|--|--|--|---|--|
| 5<br><b>Closed<br/>Easter Monday</b>   | 6<br>Cream of tomato and pepper soup<br>Pork & vegetable sauté<br>Rice and vegetables<br>Pudding & cookies | 7<br>Chicken noodle soup<br>Turkey stew<br>Roasted carrots and vegetables<br>Molasses cookie | 8<br>Cream of spinach soup<br>Meatloaf<br>Mashed potatoes and vegetables<br>Fruit pudding | 9<br>Farmer's daughter soup<br>Dijon & honey salmon<br>Rice and vegetables<br>Banana bread         |
| 12<br>Cream of tomato soup<br>Meatballs and peaches<br>Rice and vegetables<br>Tapioca                          | 13<br>Cream of vegetable soup<br>Pork à la provençale,<br>Mashed potatoes<br>Vegetables<br>Carrot cake     | 14<br>Beef vegetable soup<br>Chicken curry, couscous and vegetables,<br>Maple cake pudding   | 15<br>Tomato & rice soup<br>Beef Stroganoff<br>Noodles vegetables<br>Jell-o and cookies   | 16<br>Country-style soup<br>Potato Frittata<br>Tomatoes, vegetables<br>Fruit muffin                |
| <b>CLOSURE FOR RENOVATION</b>  |  |  |   |  |
| 26<br>Beef & noodle soup<br>Portuguese style fish fillet and Rice, Vegetables<br>Vanilla cake with fruit sauce | 27<br>Lentil & vegetable soup<br>Shepard's pie<br>Preserves<br>Zucchini cake                               | 28<br>Red bean soup<br>Chicken vol-au-vent<br>Mashed potatoes and vegetables<br>Date square  | 29<br>Chicken and barley soup<br>Beef stew<br>Vegetables<br>Lemon pie                     | 30<br>Tomato & noodles soup<br>Brocoli & pork stew<br>Pasta and vegetables<br>Applesauce & cookies |

