

**Want to have meal leave?
Still wondering what to do for dinner?
Meals on Wheels is here for you!!**

It is aimed at people aged 50 and over, as well as convalescents, people with disabilities and new mothers regardless of income. These are balanced meals and approved by a nutritionist.

Please note that Meals on Wheels will take a break from August 1 to August 12, 2022 inclusively, back on August 15, 2022. However, you can order extra meals to fill these three weeks off.

For the summer period, Friday meals will be delivered with the Thursday meal, from June 16, 2022 to September 2, 2022 inclusively.

Thank you for your understanding!

DELIVERY AND COST

Delivery service is available in all 11 municipalities of the Coaticook MRC. Certain conditions apply. Only \$ 6 the soup, the main dish, the dessert, and the delivery.

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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

Fresh meals served at home

MENU

AUGUST 2022

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 · AUGUST 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Happy Holidays to all!</i> <i>Back on august 15, 2022, to better serve you!</i></p>				
<p>15 Roasted pepper velouté Chicken with king sauce, Patato, vegetables healthy cookies</p>	<p>16 Lentil soup Ham with pineapple Carrot puree, rice Maple tartlet</p>	<p>17 Asparagus cream Beef bourguignon, egg noodles, Vegetables Banana mufins</p>	<p>18 Tomato and noodle soup, peach dumpling,riz vegetables Zucchini Cake</p>	<p>19 Pumpkin soup , Vegetable quiche, hash brown, carrots Vanilla pudding</p>
<p>22 Corn chowder macaroni gratin, vegetables, bread Oatmeal pancake</p>	<p>23 Rice and beef soup garden chicken, fettuccine, vegetables Blueberry Squares</p>	<p>24 Vegetable cream Maple beef, potatoes, vegetables Cherry cake</p>	<p>25 Chicken and noodle soup Meatloaf rice, vegetables Muffins</p>	<p>26 Peasant soup salmon pâté with egg sauce, carrot, and turnip strawberry and rhubarb pudding</p>
<p>29 Vegetable soup Beef patty, rice, sautéed vegetables banana bread</p>	<p>30 Broccoli velouté Chicken pot pie, couscous, vegetables Fruit crisp</p>	<p>31 Minestrone soup Stewed pork, noodles, vegetables Raspberry muffins</p>	<p>1 Onion soup Porcupine meatball, vegetables, ragout of potatoes, fruit pudding</p>	<p>2 Chinese soup Filet of fish with lemon sauce Rice, vegetables Raisin Bread Pudding</p>