

The main events of the campaign
From November 14 to December 23 throughout the Coaticook MRC



- Non-perishable food collection and cash donations from November 14 to December 23 in several locations. You can also make a donation on our website, cabmrccoaticook.org. Thanks to the financial support of the Caisse Desjardins des Verts-Sommets-de-l'Estrie, a pre-addressed envelope will be distributed in the Publisac on November 16. People who want to donate money will simply have to put their cheque inside, put a stamp on it and put it in the mail.
- The traditional Guignolée des Médias : Thursday, December 1 at several intersections in Coaticook.
- Sale of meat pies and chicken pies for the benefit of Christmas baskets while supplies last.
 - For information: 819 849-7011 poste 233
- The Grande cuisine collective des Fêtes: Tuesday, December 13.
 - For information: 819 849-7011 poste 233
- Christmas Angels from November 14 to December 12: it is possible to offer a Christmas present to a child from a disadvantaged family according to instructions placed on Christmas ornaments. These will be hung in the trees of the Jean-Coutu pharmacy in Coaticook, La Frontalière high school and Cabico. The Maison de la Famille of the MRC de Coaticook will then distribute the gifts to the families.
- Distribution of Christmas baskets from December 19 to 22, at the CAB.

Please note that Meals on Wheels will be closed from December 24th, 2022, until January 8, 2023.

To accommodate you during this period, it will be possible to order extra meals with your usual order.

For information : Sandra Boss
[819-849-7011 poste 225](tel:819-849-7011)
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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

DECEMBER 2022

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 DECEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
5 Roasted Pepper Velouté Chicken à la King, Potatoes, Vegetables Healthy Cookies	6 Lentil Soup Ham with Pineapple Carrot Puree, Rice Maple Tartlet	7 Cream of Asparagus Beef Bourguignon, Mashed Potatoes, Vegetables Banana Muffin	8 Tomato and Noodle Soup Peach Meatballs, Rice Vegetables Zucchini Cake	9 Squash Soup Vegetable quiche, Hash Browns, Carrots Vanilla Pudding
12 Corn Chowder Macaroni gratin, Vegetables, Bread Oatmeal Cookie	13 CLOSED Cuisine collective des fêtes	14 Cream of Vegetable Soup Maple Beef Stew, Potatoes Vegetables Cherry Cake	15 Chicken Noodle Soup Meatloaf Rice, Vegetables Muffin	16 Peasant Soup Salmon Pie with Egg Sauce, Carrots and Turnips Strawberry and Rhubarb Pudding
19 Minestrone Soup Beef Patty, Rice Sautéed vegetables Banana Bread	20 Brocoli Velouté Chicken Pot Pie, Couscous, Vegetables Fruit Crisp	21 Chinese Soup Stewed pork, noodles vegetables Raspberry Muffin	22 Onion Soup Porcupine Meatballs, Vegetables, Potato Ragout, Fruit Pudding	23 Vegetable Soup Meat Pie, Turkey Sauce, Mashed Potatoes, Vegetables Christmas Log



Happy Holidays!!
We will be back on January 9, 2023

