

**Don't feel like cooking!
Still wondering what to make for dinner!
Meals on Wheels is for you!!**

**It is for people aged 50 and over as well as
convalescents, the disabled and
new mothers regardless of income.**

**We provide balanced meals approved by a
nutritionist.**

**Delivery service is available in 11 municipalities
of the Coaticook MRC.
Certain conditions apply.**

Keep in mind that the price is \$ 6 for the entire meal.

**Please note that Meals on Wheels will be on break from
December 21th 2020 until January 8th 2021.**

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

Please note that the January 2021 order will be from January 6 to
January 7, 2021.

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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

JANUARY 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 JANUARY 2021

Monday	Tuesday	Wednesday	Thursday	Friday
11 Cream of Broccoli soup Chicken with apples Couscous Vegetables Pears & cookies	12 Chicken noodle soup Beef stew Mashed potatoes and vegetables Banana muffin	13 Chinese Soup Pork & vegetable stew Potatoes Pudding & cookies	14 Tomato and barley soup Beef patty & sautéed vegetables Rice Jell-O & cookies	15 Cream of asparagus soup Salmon with dill sauce, orzo Vegetables Spice cake
18 Chicken & rice soup Beef with cabbage Mashed potatoes vegetables Peaches & cookies	19 Cream of chicken soup Ham quiche Mashed carrot & turnip vegetables Blueberry Muffin	20 Vegetable soup Chicken à la King Mashed potatoes and vegetables Crispy fruit yogurt	21 Lentil soup Meat lasagna Vegetables Cake with chocolate sauce	22 Cream of leek soup Fish with lemon sauce, rice, Coleslaw Apple crisp
25 Lentils soup Creole sausages Rice & vegetables Pudding & cookies	26 Cream of carrot soup African beef Mashed Carrots & vegetables Fruit square	27 Onion soup Chinese chicken macaroni Vegetables Bran muffin	28 Noodle & vegetable soup Cabbage cigar Mashed potatoes & vegetables Bavarian pudding	29 Fish Chowder Salsa chicken Rice & Vegetables Upside-down pineapple cake



Happy New Year!
Passion, innovation and sharing are the ingredient for an excellent 2021.
The whole team thanks you for your trust.

