

**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 24<sup>th</sup> 2021 until January 7<sup>th</sup> 2022.**

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

Please note that the January 2022 order will be from december 20  
to december 22, 2021.

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

**JANUARY 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 JANUARY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>10</b> Cream of vegetable soup Pork à la provençale, Mashed potatoes Vegetables Jell-o and cookies	<b>11</b> Tomato & noodles soup Meatballs and peaches Rice and vegetables Tapioca	<b>12</b> Beef and vegetable soup Chicken curry, couscous and vegetables, Maple cake pudding	<b>13</b> Tomato & rice soup Beef Stroganoff Noodles vegetables Carrot cake	<b>14</b> Country-style soup Potato Frittata Tomatoes, vegetables Fruit muffin
<b>17</b> Cream of tomato soup Brocoli & pork stew Pasta and vegetables Applesauce & cookies	<b>18</b> vegetable soup Shepard's pie Preserves Zucchini cake	<b>19</b> Red bean soup Chicken vol-au-vent Mashed potatoes and vegetables Date square	<b>20</b> Chicken and barley soup Beef stew Vegetables Lemon pie	<b>21</b> Beef & noodle soup fish fillet and Rice, Vegetables Vanilla cake with fruit sauce
<b>24</b> Garden soup Pork medallion Rice & vegetables Yogurt & cookies	<b>25</b> Cream of chicken soup Meatball stew Mashed potatoes & Vegetables Carrot-pineapple muffin	<b>26</b> Cream of corn soup Meat macaroni Vegetables Chocolate-banana cookies	<b>27</b> Cabbage soup Chicken tournedos Potato gratin vegetables Pear pudding	<b>28</b> Cream of zucchini soup 5 vegetables quiche Rice, Mashed Carrots Jell-o and cookies



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

