

**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 two 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

The delivery of meals is available in the 11 municipalities of the MRC of Coaticook. Certain conditions apply. Only \$6 per soup, meal, dessert and

Pour information : Sandra Boss
819-849-7011 poste 225
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

JULY 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 · July 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Tomato & noodles soup Chicken grandpa, rice, and vegetables Jell-O & cookies</p>	<p>5 Cream of carrot and broccoli African beef Potatoes and vegetables Chocolate pie</p>	<p>6 Beef and cabbage soup Chinese chicken macaroni Date square</p>	<p>7 Chicken and rice soup Omelette cheese Vegetable potatoes Coconut square</p>	<p>8 Cream of chicken soup Salmon bread Quinoa, Vegetables Zucchini chocolate cake</p>
<p>11 Cream of carrot soup Roasted Mashed potatoes and vegetables Pudding & cookies</p>	<p>12 Red bean soup Broccoli & pork stew, noodles & Vegetables Molasses cookies</p>	<p>13 Cream of spinach soup Spaghetti with meat sauce Vegetables, Maple cake pudding</p>	<p>14 Tomato and barley soup Cabbage cigar,potatoes,vegetables Fruit muffins</p>	<p>15 Beef & noodle soup Fish filet with mushroom sauce, rice, végétales Apple cake</p>
<p>18 Cream of leek soup Creole sausages Sautéed,vegetables Rice Tapioca</p>	<p>19 Vegetable soup Beef stroganoff, noodles Vegetables Cookies Douglas</p>	<p>20 St-Germain broth Salsa chicken, Potatoes Vegetables Fruit coulis cake</p>	<p>21 Minestrone soup Shepard's pie, vegetables Coconut, pineapple cookie</p>	<p>22 Barley and beef soup Ham & cheese macaroni, Apple crisp</p>
<p>25 Mushroom cream, Greek square, couscous, vegetables Crispy fruit yogurt</p>	<p>26 Chicken & rice soup Beef with cabbage Mashed potatoes Vegetables Zucchini square</p>	<p>27 Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip Vegetables Cookie's chocolate-banana</p>	<p>28 Beef and vegetable soup Provençal pork,riz, vegetables Muffin bran and raisin</p>	<p>29 Vegetable and lentils soup, Salmon pie, vegetables, bread Chocolate sauce cake</p>