

*Would you like to have lunch off?
Always wondering what to do for dinner?
The Meals on Wheels is here for you!*

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

*Please take note that meals on wheels will be closed from
August 1th to August 12th, 2022. However, you can order
additional meals beforehand to make up for the three weeks
we are closed.*

*Also, we will not be making deliveries on Fridays from June
16th to September 2th 2022 inclusively. The Friday meals will
be delivered with the Thursday meals. Thank you for your
collaboration!*

DELIVERY AND COST

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

For information:

Sandra Boss 819 849-7011 ext. 225

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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

JUNE 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 June 2022

Monday	Tuesday	Wednesday	Thursday	Friday
30 Mushroom cream, Greek square, couscous, vegetables Crispy fruit yogurt	31 Chicken & rice soup Beef with cabbage Mashed potatoes Vegetables Zucchini square	1 Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip Vegetables Cookie's chocolate-banana	2 Beef and vegetable soup Provençal pork,riz, vegetables Muffin bran and raisin	3 Vegetable and lentils soup, salmon pie, vegetables, bread Chocolate sauce cake
6 Peper soup Chicken with king sauce, Patato, vegetables healthy cookies	7 Lentil soup Ham with pineapple Carrot puree, rice Maple tartlet	8 Asparagus cream Peach dumpling, riz Vegetables Banana muffins	9 Tomato and noodle soup Beef bourguignon, egg noodles, vegetables Zucchini Cake	10 Pumpkin soup Vegetables quiche P.d.t. browned carrots vanilla pudding
13 Corn chowder Macaroni gratin, vegetables, bread Oatmeal pancake	14 Cabbage soup garden chicken, fettuccine, vegetables Blueberry Squares	15 Vegetable cream Maple beef, potatoes, vegetables Cherry cake	16 Vegetable and noodle soup Meatloaf rice, vegetables Muffins	17 Peasant soup Salmon pâté and egg sauce, turnip carrot Strawberry and rhubarb pudding
20 Vegetable soup Beef patty, rice, sautéed vegetables banana bread	21 Broccoli velvety Chicken pot pie, couscous, vegetables Fruit crisp	22 Minestrone soup Stewed pork, noodles, vegetables Raspberry muffins	23 Onion soup Porcupine meatball, vegetables, ragout of potatoes, fruit pudding	24 Chinese soup Filet of fish with lemon sauce Rice, vegetables Raisin Bread Pudding
27 Cream of vegetable soup Chicken curry, couscous and vegetables, Pumpkin cookies	28 Lentil soup Meat lasagna Vegetables Tapioca	29 Tomato & rice soup Quiche ham and cheese, vegetables Blueberry Muffins	30 Cream of Broccoli soup Pork chop Mashed potatoes and vegetables Lemon square	1 Chicken noodle soup Salmon pie, Rice & Vegetables Cake oatmeal