

TAX CLINICS
FOR LOW-INCOME PEOPLE
from February 22th to April 28th

TWO OPTIONS:

In person, without appointment :

Every Wednesday from February 22th to April 26th, 1:30 to 4:00 p.m.
At Salon Winslow, 87 Main Street, Coaticook

By phone, 819-849-7011 #231 :

Thursday morning, February 23th, March 9th and 23th, April 13th,
9 a.m. to 12 p.m.
Documents must be dropped off at the CAB, 23 Cutting Street, Coaticook

Eligibility criteria

- **Single person** : annual income of \$ 35 000 or less
- **Couple** : annual income of \$ 45 000 or less
- **1 adult with 1 child** : annual income of \$ 45 000 or less
- \$ 2 500 more income for each additional dependent
- and you earn less than \$ 1 000 / year in interest

Tax clinics by appointment outside Coaticook

BARNSTON-OUEST

Way's Mills Municipal Office
March 1st | 1:30 pm to 4 pm

MARTINVILLE

Municipal Office
March 8th | 1:30 pm to 4 pm

EAST HEREFORD

Town hall, 15 rue de l'Église
March 15th | 1:30 pm to 4 pm

WATERVILLE

Salle du Conseil, Town hall
March 23th | 1:30 pm to 4 pm

St-HERMÉNÉGILDE

Community Center
March 30th | 1:30 pm to 4 pm

COMPTON

Church basement room 4
April 3th | 1:30 pm to 4 pm

St-MALO

Senior Citizen Room, 459 route 243
April 6th | 1:30 pm to 4 pm

To book an appointment
Starting February 22th, call
819-849-7011 #224

FREE OF CHARGE

For information:
Sandra Boss 819 849-7011 ext. 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
MARS 2023

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 Mars 2023

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>27 Minestrone Soup Beef Patty, Rice, Sautéed vegetables Banana Bread</p>	<p>28 Brocoli Velouté Chicken Pot Pie, Couscous, Vegetables Fruit crumble</p>	<p>1 Chines Soup Pork stew Noodles, Vegetables Raspberry Muffin</p>	<p>2 Onion Soup Porcupine Meatball, Vegetables, Potato Ragout, Fruit Pudding</p>	<p>3 Vegetable Soup Fish filett with lemon sauce, Rice, vegetables Raisin Bread Pudding</p>
<p>6 Cream of vegetable soup Chicken curry, couscous and vegetables, Pumpkin cookies</p>	<p>7 Lentil soup Meat sauce lasagna, cooked vegetables, Tapioca</p>	<p>8 Rice and tomato soup Ham and cheese quiche, Greek potatoes, cooked vegetables blueberry Muffins</p>	<p>9 Cream of broccoli Pork chop Mashed potatoes and cooked vegetables Lemon square</p>	<p>10 Chicken noodle soup Dill salmon, Rice & cooked vegetables Oatmeal cake</p>
<p>13 Tomato noodle soup Chicken in puff pastry, Rice and cooked vegetables, Jell-O & cookies</p>	<p>14 Cream of carrot and broccoli African beef, Potatoes and cooked vegetables Chocolate pie</p>	<p>15 Beef barley soup Chinese chicken macaroni, Date square</p>	<p>16 Vegetable soup Pork and broccoli stir fry, noodles & cooked vegetables Molasses cookies</p>	<p>17 Cream of chicken Salmon loaf Mashed potatoes, cooked vegetables, Chocolate and zucchini cake</p>
<p>20 Potage Crécy turkey in gravy, Mashed potatoes, cooked vegetables Vanilla pudding & biscuit</p>	<p>21 Rice chicken soup Cheese omelet Cooked vegetables and hash browns Coconut square</p>	<p>22 Cream of spinach Meat sauce spaghetti Vegetables, cheese, bread Maple Poor Man's pudding</p>	<p>23 Tomato barley soup Cabbage cigar, Potatoes and cooked vegetables Fruit muffin</p>	<p>24 Beef noodle soup Fish fillet with mushroom sauce, rice, cooked vegetables Apple cake</p>
<p>27 Cream of leek Creole sausages Sauté vegetables, Rice. Tapioca</p>	<p>28 Vegetable soup Beef Stroganoff, noodles Cooked vegetables Douglas Cookies</p>	<p>29 St-Germain potage Salsa chicken, Potatoes Cooked vegetables Cake with fruit coulis</p>	<p>30 Minestrone Soup Shepard's pie, cooked vegetables Coconut pineapple cookie</p>	<p>31 Beef barley soup Ham & cheese macaroni, cooked. vegetables Apple crumble</p>