

*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  
July 19<sup>th</sup> to August 6<sup>th</sup>, 2021. 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  
18<sup>th</sup> to September 3<sup>th</sup> 2021 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 12 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**

**MAY 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 May 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3                      Cream of chicken soup                      Meatball stew                      Mashed potatoes &amp;                      Vegetables                      Carrot-pineapple muffin</p>	<p>4                      Garden soup                      Pork medallion                      Rice &amp; vegetables                      Yogurt &amp; cookies</p>	<p>5                      Cream of corn soup                      Meat macaroni                      Vegetables                      Chocolate-banana cookies</p>	<p>6                      Cabbage soup                      Chicken tournedos                      Potato gratin vegetables                      Pear pudding</p>	<p>7                      Cream of zucchini soup                      5 vegetables quiche                      Rice, Mashed Carrots                      Jell-o and cookies</p>
<p>10                      Chicken noodle soup                      Beef stew                      Mashed potatoes and                      vegetables                      Banana muffin</p>	<p>11                      Cream of Broccoli soup                      Chicken with apples                      Couscous                      Vegetables                      Pears &amp; cookies</p>	<p>12                      Chinese Soup                      Pork &amp; vegetable stew                      Potatoes                      Pudding &amp; cookies</p>	<p>13                      Tomato and barley soup                      Beef patty &amp; sautéed                      vegetables                      Rice                      Jell-O &amp; cookies</p>	<p>14                      Cream of asparagus soup                      Salmon with dill sauce,                      orzo                      Vegetables                      Spice cake</p>
<p>17                      Lentil soup                      Meat lasagna                      Vegetables                      Cake with chocolate sauce</p>	<p>18                      Chicken &amp; rice soup                      Beef with cabbage                      Mashed potatoes                      vegetables                      Peaches &amp; cookies</p>	<p>19                      Cream of chicken soup                      Ham quiche                      Mashed carrot &amp; turnip                      vegetables                      Blueberry Muffin</p>	<p>20                      Vegetable soup                      Chicken à la King                      Mashed potatoes and                      vegetables                      Crispy fruit yogurt</p>	<p>21                      Cream of leek soup                      Fish with lemon sauce,                      rice, Coleslaw                      Apple crisp</p>
<p>24    <b>CLOSED                      VICTORIA                      DAYS</b></p>	<p>25                      Cream of carrot soup                      African beef                      Mashed Carrots &amp; vegetables                      Fruit square</p>	<p>26                      Onion soup                      Chinese chicken macaroni                      Vegetables                      Bran muffin</p>	<p>27                      Noodle &amp; vegetable soup                      Cabbage cigar                      Mashed potatoes &amp;                      vegetables                      Bavarian pudding</p>	<p>28                      Fish Chowder                      Salsa chicken                      Rice &amp; Vegetables                      Upside-down pineapple                      cake</p>