

*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 1<sup>th</sup> to August 12<sup>th</sup>, 2022 inclusively. 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  
16<sup>th</sup> to September 2<sup>th</sup> 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 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 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 May 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Cream of vegetable soup Chicken curry, couscous and vegetables, Pumpkin cookies	<b>3</b> Lentil soup Meat lasagna Vegetables Tapioca	<b>4</b> Tomato & rice soup Quiche ham and cheese,vegetables Blueberry Muffins	<b>5</b> Cream of Broccoli soup Pork medallion Mashed potatoes and vegetables Lemon square	<b>6</b> Chicken noodle soup Salmon pie, Rice & Vegetables Cake oatmeal
<b>9</b> Tomato & noodles soup Chicken grandpa, rice, and vegetables Jell-O & cookies	<b>10</b> Cream of carrot and broccoli African beef Potatoes and vegetables Chocolate pie	<b>11</b> Chicken and cabbage soup Chinese chicken macaroni, Cheese Date square	<b>12</b> Chicken and rice soup Omelette cheese Vegetable potatoes Coconut square	<b>13</b> Cream of chicken soup Salmon bread Quinoa, Vegetables Zucchini chocolate cake
<b>16</b> Cream of carrot soup Roasted Mashed potatoes and vegetables Pudding & cookies	<b>17</b> Red bean soup Broccoli & pork stew, noodles & Vegetables Molasses cookies	<b>18</b> Cream of spinach soup Spaghetti with meat sauce Vegetables, Maple cake pudding	<b>19</b> Tomato and barley soup Cabbage cigar, Fruit muffins	<b>20</b> Beef & noodle soup Fish filet with mushroom sauce, rice, végétales Apple cake
<b>23</b> <p style="text-align: center;">Closed                      National Patriots' Day</p>	<b>24</b> Vegetable soup Beef stroganoff, noodles Vegetables Cookies Douglas	<b>25</b> St-Germain broth Salsa chicken, Potatoes Vegetables Fruit coulis cake	<b>26</b> Minestrone soup Shepard's pie, vegetables Coconut, pineapple cookie	<b>27</b> Barley and beef soup Ham & cheese macaroni, Apple crisp