

*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 23<sup>th</sup> to August 12<sup>th</sup>, 2023, 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  
15<sup>th</sup> to September 1<sup>th</sup> 2023 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 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 JUNE 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>29</b> Mushroom cream Soup, Chili, tortilla, Vegetables Crispy fruit yogurt	<b>30</b> Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	<b>31</b> Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip, Chocolate-banana Cookie	<b>1</b> Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin	<b>2</b> Peasant soup pâté with salmon and egg sauce, turnip carrots Strawberry and rhubarb pudding
<b>5</b> Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies	<b>6</b> Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	<b>7</b> Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin	<b>8</b> Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	<b>9</b> Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding
<b>12</b> Corn Chowder, Macaroni Gratin, Vegetables, Bread Oatmeal Cookie	<b>13</b> Beef and Rice Soup Garden Chicken, Fettuccine, Vegetables Blueberry Squares	<b>14</b> Cream of Vegetable Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	<b>15</b> Chicken Noodle Soup Meatloaf, Rice, Vegetables Muffin	<b>16</b> Vegetable Soup Fish fillet with béarnaise sauce Rice, vegetables Raisin Bread Pudding
<b>19</b> Minestrone Soup Beef Patty, Rice, Sautéed vegetables Banana Bread	<b>20</b> Brocoli Velouté Chicken Pot Pie, Couscous, Vegetables Fruit Crisp	<b>21</b> Chines Soup Stewed Pork, Noodles, Vegetables Raspberry Muffin	<b>22</b> Onion Soup Porcupine Meatball, Vegetables, Potato Ragout, Fruit Pudding	<b>23</b> Chicken cream, Seafood gratin, vegetables, Zucchini chocolate cake
<b>26</b> <div style="text-align: center;"><b>CLOSED NATIONAL DAY</b></div>	<b>27</b> Vegetable cream soup Chicken curry, couscous, and vegetables, Pumpkin cookies	<b>28</b> Tomato & rice soup Pasta salad with ham and vegetables Blueberry Muffins	<b>29</b> Broccoli cream Pork chop Mashed potatoes and vegetables Lemon square	<b>30</b> Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake