

IMPORTANT:

Please note that meals ordered are paid meals. If you want to cancel or modify your order let us know in advance; that is, on the Thursday of the previous week. If we are unable to reach us in advance, meals will be charged. Thank you for your cooperation.

Please note that Meals on Wheels will take a break from July 22 to August 11, 2024, inclusively, back on August 12, 2024.

However, you can order extra meals to fill these three weeks off.

For the summer period, Friday meals will be delivered with the Thursday meal, from June 13, 2024, to August 30, 2024, inclusively.

Thank you for your understanding!

DELIVERY AND COST

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

For information : Sandra Boss
819-849-7011 poste 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

AUGUST 2024

The CAB is proud to use meat from Moisson Estrie to reduce food waste and maintain the affordable cost of meals.



**MOISSON
ESTRIE**

MEALS ON WHEELS · AUGUST 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<div data-bbox="129 293 661 618" data-label="Image"> </div> <div data-bbox="881 418 1830 537" data-label="Text"> <p><i>Happy Holidays to all!</i> <i>Back on august 12, 2024 to better serve you!</i></p> </div>				
<p>12 Cream of leek Creole sausages, vegetables, Rice Tapioca & cookies</p>	<p>13 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies</p>	<p>14 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Fruit Coulis Cake</p>	<p>15 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie</p>	<p>16 Beef and cabbage soup Fish burger, waffle potato, coleslaw, Apple Crisp</p>
<p>19 Beetroot and pear soup Teriyaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit</p>	<p>20 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square</p>	<p>21 Peasant soup Crispy chicken, Anciens grains Mashed carrot & turnip, Chocolate-banana Cookie</p>	<p>22 Beef and vegetable soup, Pork fillet, mashed potatoes, Vegetables Raspberry muffin</p>	<p>23 Cream of tomato Salmon pie, and egg sauce, turnip carrots Strawberry and rhubarb pudding</p>
<p>26 Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies</p>	<p>27 Pea soup Ham with pineapple Carrot puree, Rice Fruit tartlet</p>	<p>28 Cream of Asparagus Beef Bourguignon, mashed potatoes, Vegetables Banana Muffin</p>	<p>29 Vegetables and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake</p>	<p>30 Squash Soup, Parmentier omelette, legumes Vanilla pudding and biscuit</p>