

The main events of the
campaign
From November 13 to
December 22 throughout the
Coaticook MRC



- Non-perishable food collection and cash donations from November 13 to December 22 in several locations. You can also make a donation on our website, cabmrccoaticook.org. Thanks to the financial support of the Caisse Desjardins des Verts-Sommets-de-l'Estrie, a pre-addressed envelope will be distributed in the Publisac on November 15. People who want to donate money will simply have to put their cheque inside, put a stamp on it and put it in the mail.
- The traditional Guignolée des Médias : Thursday, December 7 at several intersections in Coaticook.
- Sale of meat pies and chicken pies for the benefit of Christmas baskets while supplies last.
 - For information: 819 849-7011 poste 233
- The Grande cuisine collective des Fêtes: Tuesday, December 12.
 - For information: 819 849-7011 poste 233
- Christmas Angels from November 13 to December 10: it is possible to offer a Christmas present to a child from a disadvantaged family according to instructions placed on Christmas ornaments. These will be hung in the trees of the Jean-Coutu pharmacy in Coaticook, La Frontalière high school and Cabico. The Maison de la Family of the MRC de Coaticook will then distribute the gifts to the families.
- Christmas basket request period Nov. 1 to Dec. 1, 2023
- Distribution of Christmas baskets from December 18 to 21, at 87 main Ouest

Please note that Meals on Wheels will be closed from December 22th, 2023, until January 7, 2024.

To accommodate you during this period, it will be possible to order extra meals with your usual order.

For information : Sandra Boss
[819-849-7011 poste 225](tel:819-849-7011)
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

DECEMBER 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 DECEMBER 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Creamy mushroom Soup, Ham with pineapple Carrot puree, Rice Maple Tartlet	5 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	6 Cream of tomato soup Crispy chicken, couscous Mashed carrot & turnip, Chocolate-banana Cookie	7 Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin	8 Peasant soup pâté with salmon and egg sauce, turnip carrots Strawberry and rhubarb pudding
11 Roasted pepper soup Chicken à la king, Potatoes, vegetables Healthy cookies	12 CLOSED Cuisine collective des fêtes	13 Cream of Asparagus Beef Bourguignon, mashed potatoes, vegetables Banana Muffin	14 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	15 Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding
18 Corn Chowder, Garden chicken, fettuccine, Vegetables, Oatmeal Cookie	19 Beef and Rice Soup Macaroni au gratin, vegetables Blueberry Squares	20 Cream of Vegetable Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	21 Chicken Noodle Soup Meatloaf, Rice, Vegetables Muffin	22 Pea soup Meat pie, Turkey sauce, Mash potatoes, vegetables, Christmas log



Happy Holidays!!
We will be back on January 8, 2024

