

**The main events of the campaign**  
**From November 11th to December 20th throughout the Coaticook MRC**



- **Collection** of non-perishable food items and cash donations from **November 11th to December 20th** in many businesses in the MRC. You can also make a **donation through our website**, [cabmrccoaticook.org](http://cabmrccoaticook.org). **An envelope addressed to the CAB will be sent by post on November 13th.** If you who wish to make a cash donation will simply insert your cheque inside, affix a stamp and mail it.
- The traditional Guignolée des Médias : Thursday, December 5 at several intersections in Coaticook.
  - For information: 819 849-7011 poste 224
- The Grande cuisine collective des Fêtes: Tuesday, December 10.
  - For information: 819 849-7011 poste 233
- Christmas Angels from November 13th to December 10th: it is possible to offer a Christmas present to a child from a disadvantaged family according to instructions placed on the Christmas ornaments hung on trees in 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.
  - For information: 819 849-7011 poste 239
- Christmas basket request period Nov. 6 to Dec. 6, 2024
- Distribution of Christmas baskets from December 17 to 19, at 87 main Ouest

**Please note that Meals on Wheels will be closed from December 20<sup>th</sup>, 2024, until January 6, 2025.**

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



**La popote  
roulante**

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK

**Fresh meals served at home**

**MENU**


**DECEMBER 2024**

The CAB is proud to use meat from  
Moisson Estrie to reduce  
food waste and maintain  
the affordability of Meals on Wheels.



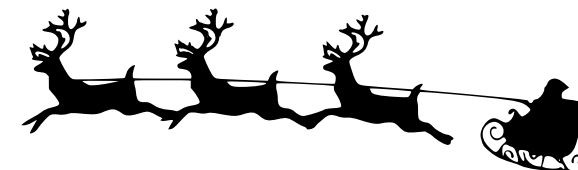
**MOISSON  
ESTRIE**

MEALS ON WHEELS DECEMBER 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cream of Leek Soup Creole sausages, vegetables, Rice Tapioca & Cookie	3 Vegetable Soup Beef stroganoff, noodles, Vegetables Douglas Cookies	4 St-Germain Cream Soup, Salsa chicken, potatoes, Vegetables, Cake with Fruit Topping	5 Minestrone Soup Shepard's pie, vegetables Coconut and Pineapple cookie	6 Cabbage and Beef Soup Fish burger, waffle potatoes, coleslaw Apple crisp
9 Beet and Pear Soup Teriyaki chicken, egg noodles, vegetables Yogurt, fruit salad & biscuit	10  <b>CLOSED</b> <b>Cuisine collective des fêtes</b>	11 Peasant Soup Crispy chicken, Anciens grains Mashed carrot & turnip, Chocolate-banana Cookie	12 Beef Pork Tenderloin, Rice, Vegetables Muffin	13 Cream of Tomato Soup Salmon pâté and egg sauce, vegetables Strawberry and rhubarb pudding
16 Roasted Pepper Velouté. Chicken à la king, potatoes, vegetables Healthy cookies	17 Squash Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	18 Cream of Asparagus Soup Beef Bourguignon, egg noodles Vegetables Banana Muffin	19 Vegetable and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	20 Pea Soup Meat pie, Turkey sauce, Mashed potatoes, vegetables, Christmas log 



**Happy Holidays!!**  
**We will be back on January 6th, 2025**



For information : Sandra Boss  
819-849-7011 poste 225  
[popote@cabmrccoaticook.org](mailto:popote@cabmrccoaticook.org)