

Wart time off from making meals?
Still wondering what to do for dinner?
Meals on Wheels is here for you!!

It is aimed at people aged 50 and over, as well as convalescents,
people with disabilities and new mothers regardless of income.
These are balanced meals and approved by a nutritionist.

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!

MEAL ORDERING:

Order your meals a week in advance; Monday to Thursday between 9
a.m. and 12 p.m.

MEAL CANCELLATION:

Cancel a meal as soon as you know... or in emergency the same
morning until 10am.

If you have not cancelled your meal, you will be charged for it.

For information : Sandra Boss
819-849-7011 poste 225
popote@cabmrccoaticook.org

DELIVERY AND COST

The delivery of meals is available in the 11 municipalities of
the MRC of Coaticook. Certain conditions apply. Only \$6 for
soup, meal, dessert and delivery.

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


JULY 2024

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



**MOISSON
ESTRIE**

JULY 2024

Lundi	Mardi	Mercredi	Jeudi	Vendredi
1 CANADA DAY 	2 Tomato & rice soup Chicken curry, couscous, and vegetables, Pumpkin cookies	3 Cream of broccoli Ham and pasta salad, vegetables, Cheese Blueberry Muffins *Sandwich: Chicken Wrap *Salad: Greek salad	4 Corn and tomato soup Pork chop, mashed potato, vegetables Lemon Square *Sandwich: Chicken Wrap *Salad: Greek salad	5 Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake *Sandwich: Chicken Wrap *Salad: Greek salad
8 Vegetable soup Chicken grandpa, rice, and vegetables Jell-O & cookies	9 Cream of broccoli & carrot African beef, Potatoes and vegetables Chocolate pie	10 Beef and barley soup Chinese Chicken Macaroni (Chow mein) Date Square *Sandwich: smoked meat sandwich *Salad: Pearl couscous salad	11 Rice and chicken soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies *Sandwich: smoked meat sandwich *Salad: Pearl couscous salad	12 Tomato and noodle soup Trout pie, Vegetables Chocolate Sauce Cake *Sandwich: smoked meat sandwich *Salad: Pearl couscous salad
15 Cream of carrot soup turkey in sauce, Mashed potatoes, vegetables Applesauce and biscuit	16 Legume soup Pulled pork burger, hash browns, vegetables Coconut Square	17 Cream of spinach Spaghetti with meat sauce, cheese, Roll. Bun Chômeur pudding *Sandwich: gumbo bread *Salade: Orzo salad	18 Barley and tomato soup Chef's Choice Fruit muffin *Sandwich: gumbo bread *Salade: Orzo salad	19 Beef and noodle soup Fish fillets with mushroom sauce, rice, vegetables Apple Cake *Sandwich: gumbo bread *Salade: Orzo salad

***New for the summer season, you can add sandwiches and salads to the regular menu from Wednesday to Friday. Price \$4**
 Choices for week #1 are: Chicken wrap, Greek salad
 Choices for week #2 are: Smoked meat sandwich, pearl couscous salad
 Choices for week #3 are: Gumbo bread sandwich, orzo salad

SANDWICHES
SALADES
Nouveau pour l'été!



Holidays from July 22 to August 11, 2024