

*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 22th to August 12th, 2024, inclusively. However, you can
order additional meals beforehand to make up for the three
weeks we are closed.*

*In addition, from June 13 to August 30, 2024 inclusively,
Friday meals will be delivered with Thursday's meal.
Thank you for your cooperation!*

DELIVERY AND COST

Delivery service is available in all 12 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

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

MAY 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 May 2024

Monday	Tuesday	Wednesday	Thursday	Friday
29 Minestrone Soup Beef Patty, Rice, Sautéed vegetables Banana Bread	30 Broccoli Velouté Soup Chicken Pot Pie, Couscous, Vegetables Cherry square	1 Chines Soup Stewed Pork, Noodles, Vegetables Raising bran Muffin	2 Onion Soup Porcupine Meatball, Vegetables, Potato Fruit Pudding	3 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin pudding
6 Vegetable cream soup Chicken curry, couscous, and vegetables, Pumpkin cookie	7 Lentil soup Meat lasagna sauce Vegetables Tapioca and cookies	8 Tomato & rice soup Ham and pasta salad, vegetables Blueberry Muffins	9 Broccoli cream Pork chop Mashed potatoes and vegetables Lemon square	10 Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake
13 Tomato noodle soup Chicken grandpa, rice, and vegetables Jell-O & cookies	14 Carrot and broccoli cream African beef, Potatoes and vegetables Chocolate pie	15 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square	16 Rice and chicken soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies	17 Vegetable soup, Trout pies, vegetables, Chocolate sauce cake
20 Closed National Patriots' Day	21 Carrot cream turkey in sauce, Mashed potatoes, vegetables Pudding & cookies	22 Spinach cream Spaghetti with meat sauce, cheese, bread Maple cake pudding	23 Barley and tomato soup, Beef and cabbage casserole,potato, vegetables Fruit muffins	24 Beef and noodle soup Fish fillet with mushroom sauce, rice, vegetables Apple cake
27 Leek cream, Creole sausages, vegetables, Rice Tapioca and cookies	28 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies	2 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping	30 Minestrone Soup Shepard's pie, Vegetables Coconut and, Pineapple cookie	31 Cabbage and Beef Soup Ham & cheese macaroni, Vegetables Apple crisp