

Want to have lunch off?  
Still wondering what to make for dinner?  
Meals on Wheels is here for you!

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

Please note that we will be closed on Monday, October 14th  
because of Thanksgiving Day.

**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 ext. 225  
[popote@cabmrccoaticook.org](mailto:popote@cabmrccoaticook.org)

**SHIPPING AND COST**

Meal delivery is available in the 11 municipalities of the Coaticook RCM.  
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**






OCTOBER 2024

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



**MOISSON  
ESTRIE**

**MENU OCTOBER 2024**

<b>LUNDI</b>	<b>MARDI</b>	<b>MERCREDI</b>	<b>JEUDI</b>	<b>VENDREDI</b>
<p>30 Cream of carrot soup, Turkey in sauce, Mashed potatoes, vegetables Apple sauce and cookies</p>	<p>1 Vegetable soup, Beef burger, hash browns, vegetables Coconut square</p> 	<p>2 Cream of spinach soup Spaghetti with meat sauce, cheese, bread Maple pudding cake</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>	<p>3 Barley and tomato soup, Beef and cabbage casserole, potato, vegetables Fruit muffins</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>	<p>4 Beef and noodle soup Fish filet with mushroom sauce, rice, vegetables Apple cake</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>
<p>7 Leek cream, Creole sausages, vegetables, Rice Tapioca and cookies</p> 	<p>8 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies</p>	<p>9 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping</p> <p><b>*Sandwich:</b> Ham Sandwich <b>*Salad:</b> couscous salad</p>	<p>10 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie</p> <p><b>*Sandwich:</b> Ham Sandwich <b>*Salad:</b> couscous salad</p>	<p>11 Beef and cabbage soup, Fish burger, waffle potato, Coleslaw Apple crisp</p> <p><b>*Sandwich:</b> Ham Sandwich <b>*Salad:</b> couscous salad</p>
<p>14 <b>CLOSED</b> <b>THANKSGIVING</b></p> 	<p>15 Beetroot and pear soup Teriaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit</p>	<p>16 Peasant soup Crispy chicken, old fashioned Mashed carrot &amp; turnip, Chocolate-banana Cookie</p> <p><b>Sandwich:</b> Gumbo bread* <b>*Salade:</b> Orzo salad</p>	<p>17 Beef and Vegetable Soup Fillet Pork, Rice, Vegetables, Fruit muffins</p> <p><b>*Sandwich:</b> Gumbo bread <b>*Salade:</b> Orzo salad</p>	<p>18 Cream of tomatos soup Salmon pie and egg sauce, vegetables Strawberry and rhubarb pudding</p> <p><b>*Sandwich:</b> Gumbo bread <b>*Salade:</b> Orzo salad</p>
<p>21 Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies</p>	<p>22 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet</p> 	<p>23 Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin</p> <p><b>*Sandwich:</b> Pollock pita <b>*Salade:</b> Brocoli</p>	<p>24 Vegetables and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake</p> <p><b>*Sandwich:</b> Pollock pita <b>*Salade:</b> Brocoli</p>	<p>25 Squash Soup, Frittata parmentier, Vegetables Vanilla Pudding</p> <p><b>*Sandwich:</b> Pollock pita <b>*Salade:</b> Brocoli</p>
<p>28 Corn Chowder, Garden chicken, Vegetables, Bread Oatmeal Cookie</p> 	<p>29 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares</p>	<p>30 Chicken Noodle Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>	<p>31 Cream of Vegetable Soup Meatloaf, Rice, Vegetables Muffin</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>	<p>1 Turnip and gourmet soup Seafood gratin, vegetables Zucchini chocolate cake</p> <p><b>*Sandwich:</b> Chicken Wrap <b>*Salad:</b> Greek salad</p>