

## **IMPORTANT**

***Please note that meals ordered are paid meals. If you want to cancel or modify your order let us know in advance; that is, on the Thursday of the previous week. If you are unable to reach us in advance, meals will be charged. Thank you for your cooperation.***

***Please note that we will be closed on Monday, October 9 due to Thanksgiving Day.***

***Want to have meal leave?  
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.***

***Our Meals on Wheels service is available in all municipalities of the MRC, except in Waterville which is served by Lennoxville Community Aid. Certain conditions apply.***

Pour information : Sandra Boss  
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**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 2023**

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



**MEALS ON WHEELS OCTOBER 2023**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b> Leek cream, Creole sausages, vegetables, Rice Tapioca	<b>3</b> Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies	<b>4</b> St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping	<b>5</b> Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie	<b>6</b> Cabbage and Beef Soup Ham & cheese macaroni, Vegetables Apple crisp
<b>9</b>  <i><b>Closed Thanksgiving</b></i>	<b>10</b> Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	<b>11</b> Cream of tomato soup Crispy chicken, couscous, Mashed carrot & turnip, Chocolate-banana Cookie	<b>12</b> Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin	<b>13</b> Peasant soup pâté with salmon and egg sauce, vegetables, Strawberry and rhubarb pudding
<b>16</b> Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies	<b>17</b> Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	<b>18</b> Cream of Asparagus Beef Bourguignon, Mashed potatoes, Vegetables Banana Muffin	<b>19</b> Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	<b>20</b> Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding
<b>23</b> Corn Chowder, Garden chicken, fettucini, vegetables, Oatmeal Cookie	<b>24</b> Beef and Rice Soup Garden Chicken, Fettuccine, Vegetables Blueberry Squares	<b>25</b> Cream of Vegetable Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	<b>26</b> Chicken Noodle Soup Meatloaf, Rice, Vegetables Raspberry Muffin	<b>27</b> Chicken cream Seafood gratin, vegetables Zucchini chocolate cake

**FROZEN MEALS AT 4\$**

Please let us know the number of frozen meals you want at the same time as the order.

Chicken pot pie	Macaroni with meat	Ham and vegetables	Salmon pie	Lasagna
Meatball stew, brown sauce	Macaroni with cheese and ham	Shepherd's Pie	Beef casserole	Chicken with King sauce

Deadline to order/cancel the following week's meals is Thursday noon.