



Without appointment :
Every Wednesday
from February 21st to April 26th
1:00 to 4:00 pm
87, rue Main O., Coaticook

Tax clinics

Free of charge

✓ Eligibility criterias

- Single person : annual income of \$ 35 000 or less
- Couple : annual income of \$ 45 000 or less
- 1 adult with 1 child : annual income of \$ 45 000 or less
- \$ 2 500 more income for each additional dependent
- and you earn less than \$ 1 000 / year in interest

Tax clinics by appointment outside Coaticook

BARNSTON-OUEST

Way's Mills Community Center
March 6th | 13 h 30 à 16 h

MARTINVILLE

Municipal Office
March 13th | 13 h 30 à 16 h

EAST HEREFORD

Town Hall, 15, rue de l'Église
March 14th | 13 h 30 à 16 h

WATERVILLE

Town Hall
March 21st | 13 h 30 à 16 h

St-HERMÉNÉGILDE

Community Center
March 28th | 13 h 30 à 16 h

COMPTON

Church basement, room 4
April 1st | 13 h 30 à 16 h

ST-MALO

Local de l'Âge d'or, 459 route 243
April 4th | 13 h 30 à 16 h



Le CAB est fier de pouvoir compter
sur de nombreux bénévoles formés
pour recueillir vos documents et
pour effectuer vos impôts !



For information or an
appointment :
819-849-7011 #231



<https://www.cabmrccoaticook.org/services/rapports-impots.php>

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


APRIL 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 APRIL 2024

LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI
<p>1</p> <p style="text-align: center;">Closed Easter Monday</p> 	<p>2</p> <p>Leek cream, Creole sausages, vegetables, Rice Tapioca Cookies</p>	<p>3</p> <p>St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping</p>	<p>4</p> <p>Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie</p>	<p>5</p> <p>Beef and noodle soup Fish filet with mushroom sauce, rice, vegetables Carrots cake</p>
<p>8</p> <p>cabbage and Beef Soup Ham & cheese macaroni, Vegetables Apple crisp</p>	<p>9</p> <p>Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square</p>	<p>10</p> <p>Cream of tomato soup Crispy chicken, orzo Mashed carrot & turnip, Chocolate-banana Cookie</p>	<p>11</p> <p>Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin</p>	<p>12</p> <p>Peasant soup pâté with salmon and egg sauce, turnip carrots Strawberry and rhubarb pudding</p>
<p>15</p> <p>Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies</p>	<p>16</p> <p>Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet</p>	<p>17</p> <p>Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin</p>	<p>18</p> <p>Vegetable and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake</p>	<p>19</p> <p>Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding</p>
<p>22</p> <p>Corn Chowder, Garden Chicken, Vegetables, Bread Oatmeal Cookie</p>	<p>23</p> <p>Beef and Rice Soup Gratin macaroni, Vegetables Blueberry Squares</p>	<p>24</p> <p>Cream of Vegetable Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake</p>	<p>25</p> <p>Chicken Noodle Soup Meatloaf, Rice, Vegetables Muffin</p>	<p>26</p> <p>Chicken cream Seafood gratin, vegetables Zucchini chocolate cake</p>