



**Christmas Food
Drive**

TOGETHER FOR THE CAUSE!

The Christmas Basket Campaign is just around the way. It will take place from November 13 to December 22, 2023.

During this campaign we will collect money and non-perishable food at the CAB, but also in the various shops of the MRC.

You can also make a donation online by going to the Donations section of our website: cabmrccoaticook.org

Please note that Meals on Wheels will be closed from December 22, 2023, to January 7, 2024 inclusively for the holiday season. Back on January 8, 2024. To help you during these two weeks, it will be possible to order more meals, as well as frozen dishes.

For information : Sandra Boss
819-849-7011 poste 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

NOVEMBER 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 · November 2023

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