

It could happen to anyone, please help!



The Christmas Basket Campaign is just around the way. It will take place from November 15 to December 22, 2021.

During this campaign we will collect money and non-perishable food.

You will find drop-off points in various shops businesses in the MRC.

Please note that Meals on Wheels will be closed from December 24, 2021 to January 7, 2022 inclusively for the holiday season. Back on January 10, 2022. To help you during these two weeks, it will be possible to order more meals, as well as frozen dishes.

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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

NOVEMBER 2021

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



**MOISSON
ESTRIE**

MEALS ON WHEELS · November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Cream of vegetable soup Pork à la provençale, Mashed potatoes Vegetables Jell-o and cookies</p>	<p>2 Cream of tomato soup Meatballs and peaches Rice and vegetables Tapioca</p>	<p>3 Beef and vegetable soup Chicken curry, couscous, and vegetables, Maple cake pudding</p>	<p>4 Tomato & rice soup Beef Stroganoff Noodles vegetables Carrot cake</p>	<p>5 Country-style soup Potato Frittata Tomatoes, vegetables Fruit muffin</p>
<p>8 Tomato & noodles soup Brocoli & pork stew Pasta and vegetables Applesauce & cookies</p>	<p>9 Lentil & vegetable soup Shepard's pie Preserves Zucchini cake</p>	<p>10 Red bean soup Chicken vol-au-vent Mashed potatoes and vegetables Date square</p>	<p>11 Chicken and barley soup Beef stew Vegetables Lemon pie</p>	<p>12 Beef & noodle soup Portuguese style fish fillet and Rice, Vegetables Vanilla cake with fruit sauce</p>
<p>15 Garden soup Pork medallion Rice & vegetables Yogurt & cookies</p>	<p>16 Cream of chicken soup Meatball stew Mashed potatoes & Vegetables Carrot-pineapple muffin</p>	<p>17 Cream of corn soup Meat macaroni Vegetables Chocolate-banana cookies</p>	<p>18 Cabbage soup Chicken tournedos Potato gratin vegetables Pear pudding</p>	<p>19 Cream of zucchini soup 5 vegetables quiche Rice, Mashed Carrots Jell-o and cookies</p>
<p>22 Tomato and barley soup Beef patty & sautéed vegetables Rice Jell-O & cookies</p>	<p>23 Cream of Broccoli soup Chicken with apples Couscous Vegetables Pears & cookies</p>	<p>24 Chinese Soup Pork & vegetable stew Potatoes Pudding & cookies</p>	<p>25 Chicken noodle soup Beef stew Mashed potatoes and vegetables Banana muffin</p>	<p>26 Cream of asparagus soup Salmon with dill sauce, orzo Vegetables Spice cake</p>