

*It could happen to anyone, please help!*



**The Christmas Basket Campaign is just around the way. It will take place from November 14 to December 21, 2022.**

**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](http://cabmrccoaticook.org)**

*Please note that Meals on Wheels will be closed from December 24, 2022 to January 8, 2023 inclusively for the holiday season. Back on January 9, 2023. 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](mailto: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 2022**

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 2022

| <b>Monday</b>  | <b>Tuesday</b>   | <b>Wednesday</b>   | <b>Thursday</b>  | <b>Friday</b>  |
|--|--|--|--|--|
| <p><b>31</b><br/>                     Cream of vegetable soup<br/>                     Chicken curry, couscous and vegetables,<br/>                     Pumpkin cookies</p>                                      | <p><b>1</b><br/>                     Lentil soup<br/>                     Meat lasagna<br/>                     Vegetables<br/>                     Tapioca</p>  | <p><b>2</b><br/>                     Tomato &amp; rice soup<br/>                     Quiche ham and cheese,vegetables<br/>                     Blueberry Muffins</p>   | <p><b>3</b><br/>                     Cream of Broccoli<br/>                     Pork chop<br/>                     Mashed potatoes and vegetables<br/>                     Lemon square</p>  | <p><b>4</b><br/>                     Chicken and noodle soup<br/>                     Dill salmon, Rice &amp; Vegetables<br/>                     Oat cake</p>   |
| <p><b>7</b><br/>                     Tomato &amp; noodles soup<br/>                     Chicken grandpa, rice, and vegetables<br/>                     Jell-O &amp; cookies</p>                                  | <p><b>8</b><br/>                     Cream of carrot and broccoli<br/>                     African beef<br/>                     Potatoes and vegetables<br/>                     Chocolate pie</p>                                | <p><b>9</b><br/>                     Chicken and barley soup<br/>                     Chinese chicken macaroni<br/>                     Square date</p>  | <p><b>10</b><br/>                     Chicken and rice soup<br/>                     Omelette cheese<br/>                     Vegetable potatoes<br/>                     Coconut square</p> | <p><b>11</b><br/>                     Cream of chicken<br/>                     Salmon bread<br/>                     Quinoa, Vegetables<br/>                     Zucchini chocolate cake</p>          |
| <p><b>14</b><br/>                     Carrot cream<br/>                     turkey in sauce, Mashed potatoes and roasted vegetables<br/>                     Pudding &amp; biscuit</p>                           | <p><b>15</b><br/>                     Legume soup<br/>                     Broccoli and pork stew, noodles &amp;<br/>                     Vegetables<br/>                     Molasses cookies</p>                                 | <p><b>16</b><br/>                     Spinach cream soup<br/>                     Spaghetti with meat sauce<br/>                     Vegetables, cheese, bread<br/>                     Maple cake pudding</p>                 | <p><b>17</b><br/>                     Tomato and barley soup<br/>                     Cabbage<br/>                     cigar,potatoes,vegetables<br/>                     Fruit muffins</p>  | <p><b>18</b><br/>                     Soupe de bœuf et de nouilles<br/>                     Filet de poisson avec sauce aux champignons, riz, végétales<br/>                     Gâteau aux pommes</p> |
| <p><b>21</b><br/>                     Cream of leek soup<br/>                     Creole sausages<br/>                     Sautéed,vegetables<br/>                     Rice<br/>                     Tapioca</p> | <p><b>22</b><br/>                     Vegetable soup<br/>                     Beef stroganoff, noodles<br/>                     Vegetables<br/>                     Cookies Douglas</p>  | <p><b>23</b><br/>                     St-Germain soup<br/>                     Salsa chicken, Potatoes<br/>                     Vegetables<br/>                     Fruit coulis cake</p>                                      | <p><b>24</b><br/>                     Minestrone soup<br/>                     Pâté chinois, vegetables<br/>                     Coconut, pineapple cookie</p>                               | <p><b>25</b><br/>                     Barley and beef soup<br/>                     Ham &amp; cheese macaroni,<br/>                     Apple crisp</p>  |
| <p><b>28</b><br/>                     Mushroom cream,<br/>                     Greek square, couscous, vegetables<br/>                     Crispy fruit yogurt</p>   | <p><b>29</b><br/>                     Chicken &amp; rice soup<br/>                     Beef with cabbage<br/>                     Mashed potatoes<br/>                     Vegetables<br/>                     Zucchini square</p> | <p><b>30</b><br/>                     Cream of tomato soup<br/>                     Crispy chicken, orzo Mashed carrot &amp; turnip<br/>                     Vegetables<br/>                     Cookie's chocolate-banana</p> | <p><b>1</b><br/>                     Beef and vegetable soup<br/>                     Provençal pork,riz, vegetables<br/>                     Muffin bran and raisin</p>                     | <p><b>2</b><br/>                     Vegetable and lentils soup,<br/>                     Salmon pie, vegetables, bread<br/>                     Chocolate sauce cake</p>                              |