

**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.*

*Please note that we will be closed on Monday, October 11 due to
Thanksgiving Day.*

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.*

The delivery of the meal is available throughout the M.R.C of Coaticook except Waterville. Certain conditions apply.

Pour 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

OCTOBER 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 · October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Vegetable soup Chicken à la King Mashed potatoes and vegetables Crispy fruit yogurt</p>	<p>5 Chicken & rice soup Beef with cabbage Mashed potatoes vegetables Peaches & cookies</p>	<p>6 Cream of chicken soup Ham quiche Mashed carrot vegetables Blueberry Muffin</p>	<p>7 Lentil soup Meat lasagna Vegetables Cake with chocolate sauce</p>	<p>9 Cream of leek soup Fish with lemon sauce, rice, Coleslaw Apple crisp</p>
<p>11 Closed Thanksgiving</p>	<p>12 Lentils soup Creole sausages Rice & vegetables Pudding & cookies</p>	<p>13 Onion soup Chinese chicken macaroni Vegetables Bran muffin</p>	<p>14 Noodle & vegetable soup Cabbage cigar Mashed potatoes & vegetables Bavarian pudding</p>	<p>15 Fish Chowder Salsa chicken Rice & Vegetables Upside-down pineapple cake</p>
<p>18 Cream of celery soup Beef bourguignon Mashed potatoes & Vegetables Fruit salad yogurt & cookies</p>	<p>19 Beef and barley soup Chicken with garden vegetables Pasta, Vegetables Raspberry pudding cake</p>	<p>20 Minestrone soup Veal patty Mashed potatoes and turnips, vegetables Pumpkin cookies</p>	<p>21 Cream of mushroom soup BBQ pork chop Rice and vegetables Apple & spice cake</p>	<p>22 Cream of broccoli soup Salmon pie Quinoa & vegetables Date square</p>
<p>25 Cream of tomato and pepper soup Pork & vegetable sauté Rice and vegetables Pudding & cookies</p>	<p>26 St-Germain broth Spaghetti with meat sauce Vegetables, Fruit and chocolate muffin</p>	<p>27 Chicken noodle soup Turkey stew Roasted carrots and vegetables Molasses cookie</p>	<p>28 Cream of spinach soup Meatloaf Mashed potatoes and vegetables Fruit pudding</p>	<p>29 Farmer's daughter soup Dijon & honey salmon Rice and vegetables Banana bread</p>