

**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
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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

OCTOBER 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 · October 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Mushroom cream, Greek square, couscous, vegetables Crispy fruit yogurt</p>	<p>4 Chicken & rice soup Beef with cabbage Mashed potatoes Vegetables Zucchini square</p>	<p>5 Cream of tomato soup Crispy chicken, orzo Mashed carrots & turnip Vegetables Cookie's chocolate-banana</p>	<p>6 Beef and vegetable soup Provençal pork,riz, vegetables Bran and raisin Muffin</p>	<p>7 Vegetable and lentil soup, Salmon pie, vegetables, bread Chocolate sauce cake</p>
<p>10 Closed Thanksgiving</p>	<p>11 Roasted pepper velouté Chicken with king sauce, Potato, vegetables healthy cookies</p>	<p>12 Lentil soup Ham with pineapple Carrot puree, rice Maple tartlet</p>	<p>13 Asparagus cream Beef bourguignon, egg noodles, vegetables Banana muffins</p>	<p>14 Tomato and noodle soup Peach dumpling, rice, Vegetables, Zucchini Cake</p>
<p>17 Corn chowder Macaroni au gratin, vegetables, bread Oatmeal pancake</p>	<p>18 Rice and beef soup garden chicken, fettuccine, vegetables Blueberry Squares</p>	<p>19 Vegetable cream Maple beef, potatoes, vegetables Cherry cake</p>	<p>20 Chicken and noodle soup Meatloaf rice, vegetables Muffins</p>	<p>21 Peasant soup salmon pâté with egg sauce, carrot and turnip strawberry and rhubarb pudding</p>
<p>24 Vegetable soup Beef patty, rice, sautéed vegetables banana bread</p>	<p>25 Brocoli velouté Chicken pot pie, Couscous, vegetables Fruit crisp</p>	<p>26 Minestrone soup Stewed pork, noodles, vegetables Raspberry muffins</p>	<p>27 Onion soup Porcupine meatball, vegetables, potato stow fruit pudding</p>	<p>28 Chinese soup Fish filet with lemon sauce Rice, vegetables Raisin Bread Pudding</p>