

## SCHEDULE

Friday's meals will start being delivered as of Friday September 11<sup>th</sup> 2020.

Also, we are closed Monday September 7<sup>th</sup> of Labor Day.

## IMPORTANT

Please take note that an ordered meal is a billed meal. If you want to change or cancel your order, you have to tell us ahead of time, on Thursday of the previous week. If you can't contact us, you will unfortunately be invoiced. Thank you for your cooperation.

## DELIVERY AND COST

Delivery service is available in all 12 municipalities of the Coaticook MRC. Certain conditions apply. Only \$ 6 the soup, the main dish, the dessert and the delivery.

## FOR INFORMATION

Sandra Boss: 819-849-7011 ext 225



*La popote  
roulante*

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK

FRESH MEALS SERVED AT HOME

# MENU SEPTEMBER 2020

**CENTRE**  
*D'Action* **BÉNÉVOLE**  
DE LA MRC DE COATICOOK

For information: Sandra Boss  
819 849-7011 ext 225

# MEALS ON WHEELS · SEPTEMBER 2020

Monday	Tuesday	Wednesday	Thursday	Friday
31 Cream of Broccoli soup Chicken with apples Couscous Vegetables Pears & cookies	1 Chicken noodle soup Beef stew Mashed potatoes and vegetables Banana muffin	2 Chinese Soup Pork & vegetable stew Potatoes Pudding & cookies	3 Tomato and barley soup Beef patty & sautéed vegetables Rice Jell-O & cookies	4 Cream of asparagus soup Salmon with dill sauce, orzo Vegetables Spice cake
7 <b>Closed</b>  <b>Labor Day</b>	8 Chicken & rice soup Beef with cabbage Mashed potatoes vegetables Peaches & cookies	9 Vegetable soup Chicken à la King Mashed potatoes and vegetables Crispy fruit yogurt	10 Lentil soup Meat lasagna Vegetables Cake with chocolate sauce	11 Cream of leek soup Fish with lemon sauce, rice, Coleslaw Apple crisp
14 Lentils soup Creole sausages Rice & vegetables Pudding & cookies	15 Cream of carrot soup African beef Mashed Carrots & vegetables Fruit square	16 Onion soup Chinese chicken macaroni Vegetables Bran muffin	17 Noodle & vegetable soup Cabbage cigar Mashed potatoes & vegetables Bavarian pudding	18 Fish Chowder Salsa chicken Rice & Vegetables Upside-down pineapple cake
21 Cream of celery soup Beef bourguignon Mashed potatoes & Vegetables Fruit salad yogurt & cookies	22 Beef and barley soup Chicken with garden vegetables Pasta, Vegetables Raspberry pudding cake	23 Minestrone soup Veal patty Mashed potatoes and turnips, vegetables Pumpkin cookies	24 Cream of mushroom soup BBQ pork chop Rice and vegetables Apple & spice cake	25 Cream of broccoli soup Salmon pie Quinoa & vegetables Date square
28 Cream of tomato and pepper soup Pork & vegetable sauté Rice and vegetables Pudding & cookies	29 St-Germain broth Spaghetti with meat sauce Vegetables, Fruit and chocolate muffin	30 Chicken noodle soup Turkey stew Roasted carrots and vegetables Molasses cookie	1 Cream of spinach soup Meatloaf Mashed potatoes and vegetables Fruit pudding	2 Farmer's daughter soup Dijon & honey salmon Rice and vegetables Banana bread

