

**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.

SCHEDULE

Please note that the delivery of meals on Friday will start again from Friday 9 September 2022. In addition, we will be closed on Monday, September 5th due to Labor Day.

Our Meals on Wheels service is available in all municipalities of the MRC, except in Waterville which is served by Lennoxville Community Aid. 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

SEPTEMBER 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 · September 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5</p> <p>Labor Day</p>	<p>6</p> <p>Tomato & rice soup Quiche ham and cheese, vegetables Blueberry Muffins</p>	<p>7</p> <p>Lentil soup Meat lasagna Vegetables Tapioca</p>	<p>8</p> <p>Cream of Broccoli Pork chop Mashed potatoes and vegetables Lemon square</p>	<p>9</p> <p>Chicken and noodle soup Dill salmon, Rice & Vegetables Oat cake</p>
<p>12</p> <p>Tomato & noodles soup Chicken grandpa, rice, and vegetables Jell-O & cookies</p>	<p>13</p> <p>Cream of carrot and broccoli African beef Potatoes and vegetables Chocolate pie</p>	<p>14</p> <p>Chicken and barley soup Chinese chicken macaroni Square date</p>	<p>15</p> <p>Chicken and rice soup Omelet cheese Vegetable potatoes Coconut square</p>	<p>16</p> <p>Cream of chicken Salmon bread Quinoa, Vegetables Zucchini chocolate cake</p>
<p>19</p> <p>Carrot cream turkey in sauce, Mashed potatoes and roasted vegetables Pudding & biscuit</p>	<p>20</p> <p>Legume soup Broccoli and pork stew, noodles & vegetables Molasses cookies</p>	<p>21</p> <p>Spinach cream soup Spaghetti with meat sauce Vegetables, cheese, bread Maple cake pudding</p>	<p>22</p> <p>Tomato and barley soup Cabbage cigar, potatoes, vegetables Fruit muffins</p>	<p>23</p> <p>Soupe de bœuf et de nouilles Filet de poisson avec sauce aux champignons, riz, légumes Gâteau aux pommes</p>
<p>26</p> <p>Cream of leek soup Creole sausages Sautéed, vegetables Rice Tapioca</p>	<p>27</p> <p>Vegetable soup Beef stroganoff, noodles Vegetables Cookies Douglas</p>	<p>28</p> <p>St-Germain soup Salsa chicken, Potatoes Vegetables Fruit coulis cake</p>	<p>29</p> <p>Minestrone soup Pâté chinois, vegetables Coconut, pineapple cookie</p>	<p>30</p> <p>Beef and cabbage soup Macaroni with ham and cheese, Crispy apple</p>