

Would you like to have lunch off?  
Always wondering what to make for dinner?  
Meals on Wheels is here for you!

It is aimed at people aged 50 and over, as well as  
convalescent persons, persons with disabilities and  
new moms regardless of income.  
These are balanced meals approved by a nutritionist.

**IMPORTANT:**

Cancellation or modification:  
Let us know as soon as possible. In case of emergency, contact  
us before 8:30 a.m.  
Thank you for your cooperation.

***Meal delivery is available in all of the MRC of Coaticook except  
Waterville. Certain conditions apply***

For information:  
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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***

**FEBRUARY 2025**

The CAB is proud to use meat from  
Moisson Estrie to reduce  
food waste and maintain  
the affordability of Meals on Wheels.



MEALS ON WHEELS February 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Cream of Carrot Soup Turkey in sauce, Mashed potatoes, vegetables Applesauce</p>	<p>4 Bean Soup Beef burger, hash browns, vegetables Coconut square</p>	<p>5 Cream of Spinach Soup Spaghetti with meat sauce, cheese, bread Maple cake pudding</p>	<p>6 Barley and Tomato Soup, Ravioli with pesto, vegetables Fruit muffins</p>	<p>7 Beef and Noodle Soup Fish filet with mushroom sauce, rice, vegetables Apple cake</p>
<p>10 Leek cream, Creole sausages, vegetables, Rice Tapioca cookies</p>	<p>11 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies</p>	<p>12 St-Germain Cream Soup Salsa chicken, potatoes, Vegetables, Cake with Fruit Topping</p>	<p>13 Minestrone Soup Shepard's pie Vegetables Coconut and Pineapple cookie</p>	<p>14 Cabbage and Beef Soup Chicken burger, hash browns, Coleslaw Valentine's Day Special </p>
<p>17 Beetroot and pear soup Teriyaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit</p>	<p>18 Tomato and Noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square</p>	<p>19 Peasant Soup Crispy chicken, Anciens grains Mashed carrot &amp; turnip, Chocolate-banana Cookie</p>	<p>20 Beef and Vegetable Soup Pork Fillet, Rice, Vegetables Raspberry muffin</p>	<p>21 Cream of tomatoes soup Salmon Pie and egg sauce, vegetables Strawberry and rhubarb pudding</p>
<p>24 Roasted Pepper Velouté Chicken à la king, potatoes, vegetables Healthy cookies</p>	<p>25 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet</p>	<p>26 Cream of Asparagus Soup Beef Bourguignon, egg noodles Vegetables Banana Muffin</p>	<p>27 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake</p>	<p>28 Squash Soup, Vegetable quiche, hash browns, Carrots, Vanilla Pudding</p>



Discover the **2nd menu choice:**  
**Sausage Casserole**  
Available anytime,  
this delicious option is offered to you  
throughout the month of February.

