

Want time off from making meals?
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 the Friday meals will resume as of
September 6, 2024
In addition, we will be closed on Monday, September 2nd due to
Labour Day.

MEAL ORDERING:

Order your meals a week in advance; Monday to Thursday between 9
a.m. and 12 p.m.

MEAL CANCELLATION:

Cancel a meal as soon as you know... or in emergency the same
morning until 10am.

If you have not cancelled your meal, you will be charged for it.

For information : Sandra Boss
819-849-7011 poste 225
popote@cabmrccoaticook.org

DELIVERY AND COST

The delivery of meals is available in the 11 municipalities of
the MRC of Coaticook. Certain conditions apply. Only \$6 for
soup, meal, dessert and delivery.

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 2024

The CAB is proud to use meat from
Moisson Estrie to reduce food waste
and maintain the affordable cost of
meals.



**MOISSON
ESTRIE**

September 2024

Lundi	Mardi	Mercredi	Jeudi	Vendredi
2 	3 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	4 Chicken Noodle Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake *Sandwich: Chicken Wrap *Salad: Greek salad	5 Cream of Vegetable Soup Meatloaf, Rice, Vegetables Muffin *Sandwich: Chicken Wrap *Salad: Greek salad	6 Turnip and gourmet soup Seafood gratin, vegetables Zucchini chocolate cake *Sandwich: Chicken Wrap *Salad: Greek salad
9 Minestrone Soup Beef Patty, Rice, Sautéed vegetables Muffin chocolate	10 Brocoli Velouté Chicken Pot Pie, Couscous, Vegetables Fruit Crisp	11 Chinese Soup Stewed Pork, Noodles, Vegetables Raspberry Muffin *Sandwich: Sandwich and Ham *Salad: couscous salad	12 Onion Soup Porcupine Meatball, Vegetables, Potato Fruit Pudding *Sandwich: Sandwich and Ham *Salad: couscous salad	13 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Pudding with bread and grapes *Sandwich: Sandwich and Ham *Salad: couscous salad
16 Tomato & rice soup Chicken curry, couscous, and vegetables, Pumpkin cookies	17 Cream of Vegetable Meat lasagna, Vegetables Tapioca	18 Cream of broccoli Ham and pasta salad, vegetables Blueberry Muffins *Sandwich: gumbo bread *Salade: Orzo salad	19 Corn and tomato soup Pork chop Mashed potatoes and vegetables Lemon square *Sandwich: gumbo bread *Salade: Orzo salad	20 Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake *Sandwich: gumbo bread *Salade: Orzo salad
23 Vegetable soup, Chicken grandpa, rice, and vegetables Jell-O & cookies	24 Carrot and broccoli cream African beef, Potatoes and vegetables Chocolate pie	25 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square *Sandwich: Pita pollock *Salad: Broccoli salad	26 Rice and chicken soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies *Sandwich: Pita pollock *Salad: Broccoli salad	27 Tomato and noodle soup Trout pies, vegetables, Chocolate sauce cake *Sandwich: Pita pollock *Salad: Broccoli salad

*New for the summer season, you can add sandwiches and salads to the regular menu from Wednesday to Friday. Price \$4

Choices for week #1 are: Chicken wrap, Greek salad

The choices for week #2 are: Ham sandwich, couscous salad

Choices for week #3 are: Gumbo bread sandwich, orzo salad

Choices for week #4 are: Pollock pita sandwich, broccoli salad


Nouveau pour l'été!

