Propulsée par Desjardins



S'unir pour nourrir !

The Christmas Baskets campaign is just around the corner. It will take place from November 3rd to December 17, 2026.

During this campaign, we will collect money and non-perishable food at the Épicerie Sociale at 87 Main Street West, but also in the various businesses of the MRC.

You can also make a donation online by going to the *Donations* section of our website: cabmrccoaticook.org

Please note that Meals on Wheels will be closed from December 19, 2026 to January 3, 2027 inclusively for the holiday season. Back on January 4, 2027. To help you out during these two weeks, it will be possible to order more meals, as well as frozen meals.

For information : Sandra Boss
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popote@cabmrccoaticook.org

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

NOVEMBER 2026

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

MOISSON ESTRIE

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Roasted Pepper Velouté. Chicken à la king, Potatoes, and Vegetables Healthy Cookies	3 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	4 Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Zucchini cake	5 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Queen Élisabeth cake	6 Sweet potato and cheddar soup Creamy salmon batter Date Square
9 Corn Chowder, Garden Chicken, Vegetables, & Bread Oatmeal Cookie	10 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	11 **Chef's Choice** Cabbage soup Mexican rice, Vegetables Lemon Cake	12 Cream of vegetable Soup Meatloaf, Rice, Vegetables Banana Muffin	13 Turnip and gourmet Soup Seafood gratin, vegetables Spice cake
16 Minestrone Soup Beef Patty, Rice, Sautéed,Vegetables Chocolate Muffin	17 Brocoli Velouté Chicken Pot Pie, Potato, Vegetables Fruit Crisp	18 Chines Soup Sausage casserole, Pilaf rice, Vegetables Banana bread	19 Celery cream, Ham and vegetable pasta salad Cheese and raw vegetables, Yogurt, fruit salad and biscuit	20 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin Pudding
23 Tomato & Rice Soup Chicken curry, Couscous, and vegetables, Pumpkin cookies	24 Cream of Vegetable Soup Meat Lasagna, and Vegetables Tapioca and Cookies	25 Beetroot and apple soup Beef Marengo, Potatoes, Vegetables Brownie	26 Tomato and Corn Soup Pork chop Mashed potatoes and Vegetables Lemon Square	27 Chicken Noodle Soup Dill salmon, Rice & Vegetables Oat cake



