

Tired of cooking? Wondering what to eat for lunch?

Let Meals on Wheels take care of it.

This service is available for anyone aged 50 and over, as well as individuals recovering from illness, living with a disability, or new mothers — **regardless of income.**

Our meals are balanced, delicious, and approved by a certified nutritionist.

Please note that Meals on Wheels will be on break from July 20 to August 9, 2026, inclusive.

Service will resume on **Monday, August 10, 2026.**

However, you may order **additional meals in advance** to cover this three-week period.

During the summer months, from June 19 to September 4, 2026, inclusive, Friday meals will be delivered along with Thursday's delivery.

Thank you for your understanding.

MEAL ORDERING

Meals must be ordered one week in advance, Monday to Thursday, between 9 a.m. and 12 p.m.

MEAL CANCELLATION

Please cancel your meal as soon as possible, or by 10 a.m. the same day in case of emergency.

Any meal not cancelled will be billed.

For more information:

**Sandra Boss 819-849-7011, ext. 225,
Josée Thibault ext.224**

popote@cabmrccoaticook.org

DELIVERY AND COST

Meal delivery is available in all 11 municipalities of the Coaticook RCM. Certain conditions apply.

Only \$6 for soup, the main dish, dessert, and delivery.



Fresh meals served at home

Menu

AUGUST 2026

The CAB is proud to use meat provided by Moisson Estrie to help reduce food waste and keep costs affordable.



**MOISSON
ESTRIE**

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
Meals on Wheels will be on hiatus from July 20 to August 9, 2026, inclusively. August orders will be taken the week of July 13-16				
10 Vegetable Soup, Grandpa' Chicken, Rice, and Vegetables Jell-O & Cookies	11 Carrot and Broccoli Creamy Soup African Beef, Potatoes, and Vegetables Chocolate Pie	12 Mushroom Creamy Soup Ravioli with pesto, vegetables, Fruit Pudding	13 Rice and chicken soup Honey and vinegar pork medallion Egg noodles, vegetables Molasses Cookie	14 Tomato and noodle soup Trout pies, Vegetables, Cake with chocolate sauce
17 Crécy Soup (Carrot Soup) Chicken in sauce mashed, potatoes, vegetables Apple sauce and biscuit	18 Barley and Tomato Soup Chicken (Chow mein), Pasta, Vegetables Coconut Square	19  Chef's Choice	20 Onion Soup Porcupine meatball, mashed potatoes, vegetables Fruit Muffin	21 Beef and Noodle Soup, Haddock with Tomato Sauce, Rice, Vegetables Apple Cake
24 Cream Leek Soup Creole sausage, rice, vegetables Poor Man's Pudding	25 Cream of spinach, Meat Sauce Spaghetti, cheese, bread Swiss Roll	26 St-Germain Cream Salsa Chicken, Vegetables, potatoes Fruit coulis cake	27 Minestrone Soup Shepherd's pie, Vegetables Coconut and Pineapple cookie	28 Turnip and Maple syrup Soup Linguine carbonara, vegetables Apple Crumble
 Second choice for the month of August: Ham and Cheese Croissant with Salad Available anytime, this delicious option is offered to you throughout the month, whenever you like. 				