

We would like to inform you that due to the increase in costs related to raw materials, the price of our frozen meals will be adjusted.

*As of **June 1, 2026**, the price will increase to **\$4.50 instead of \$4** per meal.*

We continue to make every effort to offer you quality meals at the best possible price and thank you for your understanding.

Thank you for your trust.

*We would like to inform you that the Meals on Wheels service will be on pause from **July 20 to August 7, 2026** inclusively. We will be back on **August 10, 2026**.*

To help you out during this period, it is possible to order additional meals in advance to cover these three weeks.

*Also, during the summer period, from **June 12 to September 4, 2026** inclusively, Friday meals will be delivered at the same time as Thursday.*

Thank you very much for your understanding and cooperation. We look forward to continuing to serve you!

DELIVERY AND COST

Delivery is available in all 11 municipalities of the Coaticook MRC (certain conditions apply).

Only \$7 for soup, a main dish, dessert, and delivery included!

For more information:

Sandra Boss – 819-849-7011 ext. 225

popote@cabmrccoaticook.org

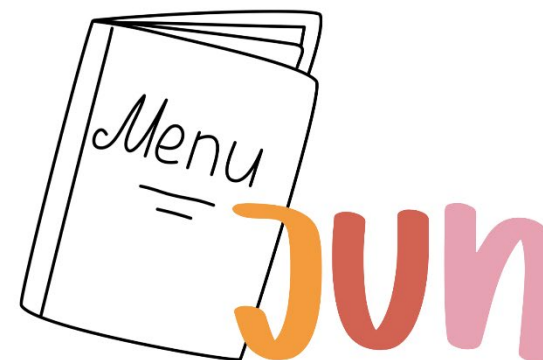
Josée Thibault – 819-849-7011 ext. 236

CENTRE
D'Action **BÉNÉVOLE**
DE LA MRC DE COATICOOK



**La popote
roulante**



DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK



The Centre d'action bénévole (CAB) is proud to use meat donated by Moisson Estrie to reduce food waste and maintain the affordability of Meals on Wheels.


**MOISSON
ESTRIE**

June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
1 Crecy Soup (Carrot Soup) Chicken in Sauce, Mashed Potatoes, and Vegetables Applesauce	2 Barley and Tomato Soup Chinese Macaroni with Chicken (Chow Mein) and Vegetables Coconut Square	3 Vegetable Soup Beef Stroganoff, Noodles and Vegetables Douglas Galette	4 Onion Soup Porcupine Meatball, Mashed Potatoes, Vegetables Fruit Muffin	5 Beef and Noodle Soup Haddock with Tomato Sauce, Rice and Vegetables Apple Cake
8 Leek Cream Soup Creole Sausages, Rice and Vegetables Rolled Cake	9 Cream of spinach soup Spaghetti with meat sauce Poor Man's Pudding	10 Chef's Choice 	11 Minestrone Soup Shepherd's Pie, Vegetables Coconut and Pineapple Cookie	12 Tomato Cream Soup Linguine Carbonara, Vegetables Apple Crisp
15 Beetroot and Pear Soup Teriyaki Chicken, Egg Noodles, and Vegetables Yogurt, Fruit Salad and Biscuit	16 Tomato and Noodle Soup Meatball Stew, Mashed Potatoes, Vegetables Zucchini Square	17 Peasant Soup Crispy Chicken, Ancient Grains Mashed Carrot and Turnip Chocolate Banana Cookie	18 Beef and Vegetable Soup Pork Fillet, Rice and Vegetables Raspberry Muffin	19 Cabbage and Beef Soup Salmon pâté with egg sauce and vegetables Strawberry and rhubarb pudding
22 Roasted Pepper Velouté Chicken à la King, potatoes and vegetables Healthy Cookies	23 Lentil Soup Ham with Pineapple Carrot Puree, Rice Maple Tartlet	24 	25 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables Zucchini Cake	26 Squash Soup Vegetable Quiche, Hash Browns, Carrots Date Square




Second choice for the month of June: Ham Sandwich with Salad
 Available anytime, this delicious option is offered to you throughout the month, whenever you like.



CENTRE D'Action BÉNÉVOLE
 DE LA MRC DE COATICOOK

