



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



La popote
roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

MEAL ORDERS

Orders must be placed one week in advance,
Monday through Thursday between 9 a.m. and 12 p.m.

Meal cancellations:

Please cancel your meal as soon as possible or,
in case of emergency, no later than 9 a.m.

Please note: any meal that is not canceled will be charged.

For more information Sandra Boss

819-849-7011, ext. 225

popote@cabmrcccoaticook.org

Fresh meals served at home

Menu

OCTOBER 2026

DELIVERY AND COST \$\$\$

Meals on Wheels is available in the 11 municipalities of the Coaticook RCM
(certain conditions apply).

Get soup + main course + dessert + delivery for **only \$7!**

Thanks to our partnership with **Moisson Estrie**,
the CAB is pleased to offer meals that
help reduce food waste,
while remaining **healthy and affordable** for everyone.



OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 Vegetable Soup, Chicken "grand-père", rice, and vegetables Jell-O & cookies	6 Cream of carrot and broccoli soup African beef, Potatoes and vegetables Chocolate tartlet	7 Cream of mushroom soup Ravioli with rosé sauce, vegetables, Fruit Pudding	8 Rice and chicken Soup Honey and vinegar pork medallion Egg noodles with Vegetables Molasse cookies	9 Tomato and noodle Soup Trout pies, vegetables, Chocolate sauce cake
12 	13 Crécy soup Chicken in sauce, Mashed potatoes, vegetables Fruit compote and biscuit	14 Chef's choice	15 Onion soup Porcupine meatballs, mashed potatoes, vegetables Fruit muffin	16 Beef and noodle Soup Haddock with tomato sauce, rice, vegetables Apple cake
19 Leek cream Creole sausages, rice, vegetables Rolled Cake	20 Cream of spinach, Spaghetti with meat sauce, cheese, bread Poor Man's Pudding	21 St-Germain Soup Chicken salsa, vegetables, potatoes Fruit coulis cake	22 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple cookie	23 Cabbage and Beef Soup Linguine carbonara, Vegetables Apple crisp
26 Beetroot and pear soup Teriaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit	27 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	28 Peasant soup Crispy chicken, Home Fries Mashed carrot & turnip, Chocolate-banana Cookie	29 Beef and Vegetable Soup Fillet Pork, Rice, Vegetables Muffin	30 Cream of tomato Soup Salmon pie and egg sauce, vegetables Strawberry and rhubarb pudding



**Second choice for the month of October:
Beef Stroganoff**

Available anytime, this delicious
option is offered to you throughout
the month, whenever you like.

