



ÉPLUCHETTE

de blé d'Inde

ÉVÉNEMENT GRATUIT

Jeudi 27 août
DE 15H À 18H30

Ruelle entre le CAB et la bibliothèque
23 rue Cutting, Coaticook, Qc, J1A 2G2

Schedule

Please note that Friday meal delivery will resume on September 11, 2026. In addition, the **service will be closed on Monday, September 7, for Labor Day.**



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 poste 225

Josée Thibault poste 236

popote@cabmrccoaticook.org

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!**

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 2026

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



**MOISSON
ESTRIE**

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
31 Beetroot and Pear Soup Teriyaki Chicken, Egg Noodles, and Vegetables Yogurt, Fruit Salad & Biscuit	1 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	2 Peasant soup Crispy chicken, Ancient grains Mashed carrot & turnip, Chocolate-banana Cookie	3 Beef and Vegetable Soup Pork filet, Rice, Vegetables Raspberry Muffin	4 Tomato Cream Soup Salmon pâté with egg sauce and vegetables Strawberry and rhubarb pudding
7  Happy Labour Day!	8 Roasted Pepper Velouté. Chicken à la king, Potatoes, and Vegetables Healthy Cookies	9 Chef's Choice Carrot and parsnip soup Fiesta Gratin Chocolate and apple upside-down cake	10 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	11 Sweet potato and cheddar soup Creamy salmon batter Date Square
14 Corn Chowder, Garden Chicken, Vegetables, Bread Heatly Cookie	15 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	16 Chicken Noodle Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	17 Cream of celery Meatloaf, Rice, Vegetables, Banana Muffin	18 Turnip and gourmet Soup Seafood gratin, vegetables, Spice cake
21 Minestrone Soup Beef Patty, Rice, Sautéed, Vegetables Chocolate Muffin	22 Brocoli Velouté Chicken Pot Pie, Potato, Vegetables Fruit Crisp	23 Chinese Soup Sausage casserole, pilaf rice, Vegetables Banana bread	24 Celery cream, Ham and vegetable pasta salad Cheese and raw vegetables, Yogurt, fruit salad and biscuit	25 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin Pudding
28 Tomato & Rice Soup Chicken curry, Couscous, and vegetables, Pumpkin cookies	29 Cream of Vegetable Soup Meat Lasagna, and Vegetables Tapioca and Cookies	30 Asparagus soup Beef Marengo, Potatoes, Vegetables Brownie	1 Tomato and Corn Soup Pork chop Mashed potatoes and Vegetables Lemon Square	2 Chicken Noodle Soup Dill salmon, Rice & Vegetables Oat cake




**Second choice for the month of September:
Tuna Croissant with Salad**
Available anytime, this delicious
option is offered to you throughout
the month, whenever you like.

