

*Would you like to have lunch off?
Always wondering what to make for dinner?
Meals on Wheels is here for you!*

*It is aimed at people aged 50 and over, as well as
convalescent persons, persons with disabilities and
new moms regardless of income.
These are balanced meals approved by a nutritionist.*

Please take note that an ordered meal is a billed meal.

*If you want to change or canceled your order, you have to
tell us ahead of time, on Thursday of the previous week.*

*If you are unable to reach us to cancel your order, your
meals will be charged. Thank you for your cooperation.*

DELIVERY AND COST

Delivery service is available in all 11 municipalities of the Coaticook MRC. Certain conditions apply. Only \$ 6 for soup, main dish, dessert and delivery.

For information:
Sandra Boss 819 849-7011 ext. 225
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

FEBRUARY 2024

The CAB is proud to use meat from
Moisson Estrie to reduce
food waste and maintain
the affordability of Meals on Wheels.



**MOISSON
ESTRIE**

MEALS ON WHEELS February 2024

Monday	Tuesday	Wednesday	Thursday	Friday
5 Cream of Leek Soup Creole sausages Rice, Vegetables Tapioca cookie	6 Vegetable Soup Beef stroganoff, Noodles Vegetables Douglas Cookie	7 St-Germain Soup Salsa chicken, Potatoes Vegetables Cake with Fruit Topping	8 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple Cookie	9 Barley and Beef Soup Ham & cheese Macaroni, Vegetables Apple Crisp
12 Mushroom Cream Soup, Indian-style chicken stew with egg noodles, Vegetables Crispy fruit Yogurt	13 Chicken & rice Soup Beef Stew Mashed potatoes Vegetables Zucchini Square	14 Cream of Tomato Soup Crispy chicken, couscous, Mashed Carrots & turnips Vegetables Chocolate-banana Cookie	15 Beef and Vegetable Soup Provençal Pork, Rice, Vegetables Bran and raisin Muffin	16 Peasant soup, Salmon pie, with egg, carrot and turnip sauce Strawberry and rhubarb pudding
19 Roasted Pepper Velouté Chicken à la King, Potatoes, Vegetables Healthy Cookies	20 Pea soup, Ham with Pineapple Carrot Puree, Rice Maple Tartlet	21 Cream of Asparagus Beef Bourguignon, Mashed Potatoes, Vegetables Banana Muffin	22 Vegetables and Noodle Soup, Peach Meatballs, Rice, Vegetables, Zucchini Cake	23 Squash Soup, Vegetable Quiche, Fried potatoes, Carrots Vanilla pudding cookie
26 Corn Chowder, Garden Chicken, Fettuccini, Vegetables Oatmeal Cookie	27 Rice and Beef Soup Macaroni Gratin, Vegetables, Bread Blueberry Square	28 Chicken Noodle Soup, Maple Beef Stew, Potatoes, Vegetables Cherry Cake	29 Cream of Vegetable Soup Meatloaf, Rice, Vegetables Muffin	1 Cream of chicken Gratin de fruit-de-mer, Vegetables Zucchini Chocolate Cake