

*Would you like to have lunch off?  
Always wondering what to do for dinner?  
The 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 meals on wheels will be closed from  
July 21<sup>th</sup> to August 11<sup>th</sup>, 2025, inclusively. However, you can  
order additional meals beforehand to make up for the three  
weeks we are closed.*

*Also, we will not be making deliveries on Fridays from June  
13<sup>th</sup> to september 1, 2025 inclusively. The Friday meals will  
be delivered with the Thursday meals. Thank you for your  
collaboration!*

## 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](mailto: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


JUNE 2025

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 JUNE 2025

Monday	Tuesday	Wednesday	Thursday	Friday
2 Leek cream, Creole sausages, vegetables, Rice Tapioca and cookies	3 Vegetable soup Beef stroganoff, noodles, Vegetables Douglas Cookies	4 St-Germain cream, Salsa chicken, Potatoes, Vegetables, Cake with Fruit Topping	5 Minestrone Soup Shepard's pie, Vegetables Coconut and Pineapple	6 cabbage and Beef Soup Chicken burger, hash brown, Coleslaw Apple crisp
9 Beetroot and pear soup Teriaki chicken, egg noodle, vegetables Yogurt, fruit salad and biscuit	10 Tomato and noodle soup, Meatball stew, Mashed potatoes, vegetables, Zucchini square	11 Peasant soup Crispy chicken, Ancient grains Mashed carrot & turnip, Chocolate-banana Cookie	12 Beef and Vegetable Soup Fillet Pork, Rice, Vegetables Bran and raisin Muffin	13 Cream of tomato soup Salmon pâté with egg sauce, Vegetables Apple crisp
16 Roasted pepper velouté. Chicken à la king, Potatoes, vegetables Healthy cookies	17 Lentil Soup Ham with pineapple Carrot puree, Rice Maple Tartlet	18 Cream of Asparagus Beef Bourguignon, egg noodles Vegetables Banana Muffin	19 Tomato and Noodle Soup Peach Meatballs, Rice, Vegetables, Zucchini Cake	20 Squash Soup, Mini BBQ Chicken Pizza, vegetables Vanilla Pudding and
23 Corn Chowder, Garden chicken, Vegetables, noodle Oatmeal Cookie	24 <b>CLOSED NATIONAL DAY</b> 	25 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	26 Chicken Noodle Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	27 Turnip and gourmet Soup Seafood gratin, vegetables Zucchini chocolate cake



Discover the  
**2nd choice of the month:**  
**ham & salad sandwich**  
Available at all times, this delicious option is  
offered to you  
all month long.

