

Need a break from cooking?  
Always wondering what to have for lunch?

Meals on Wheels is here for you.

This service is for people aged 50 and over, as well as those recovering from illness, living with a disability, or new mothers — regardless of income. Meals are balanced and approved by a nutritionist.

Please note that Meals on Wheels will take a break  
from July 21 to August 10, 2025, inclusively,  
back on August 11, 2025.

However, you can order extra meals to fill these three weeks off.

For the summer period, Friday meals will be delivered with the Thursday meal, from June 13, 2025, to September 1, 2025, inclusively.

Thank you for your understanding!

**MEAL ORDERING:**

Order your meals one week in advance,  
from Monday to Thursday between 9 a.m. and 12 p.m.

**MEAL CANCELLATION:**

Cancel your meal as soon as you know, or in case of emergency,  
the same morning before 10 a.m.  
Any meal not cancelled will be billed.

For information: Sandra Boss

819-849-7011 ext. 225

[popote@cabmrccoaticook.org](mailto:popote@cabmrccoaticook.org)

**DELIVERY AND COST**

Meal delivery is available in all 11 municipalities of the  
Coaticook RCM. Certain conditions apply.

Only \$6 for soup, the main dish, dessert, and delivery.



*La popote  
roulante*

DU CENTRE D'ACTION BÉNÉVOLE  
DE LA MRC DE COATICOOK

Fresh meals served at home

*Menu*


JULY 2025

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



**MOISSON  
ESTRIE**

# JULY 2025

Monday	Tuesday	Wednesday	Thursday	Friday
30 CANADA DAY 	1 Minestrone soup Beef patty, rice, sautéed vegetables Chocolate chip muffin	2 Cream of broccoli soup Chicken pot pie, mashed potatoes, vegetables Fruit crisp	3 Chinese soup Sausage casserole, pilaf rice, vegetables Banana bread	4 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Bread pudding with raisins
7 Tomato and rice soup Curried chicken, couscous, vegetables Pumpkin cookie	8 Cream of vegetable soup Lasagna with meat sauce, vegetables Tapioca pudding and cookie	9 Cream of celery soup Pasta salad with ham and vegetables Cheese, vegetables Blueberry muffin	10 Corn and tomato soup Pork chop, mashed potatoes, vegetables Lemon square	11 Chicken noodle Soup Dill salmon, Rice & Vegetables Oat cake
14 Vegetable soup Chicken stew (Grand-père) Rice, vegetables Jell-O and cookie	15 Broccoli and carrot soup African beef, vegetables, potatoes Chocolate pie	16 Beef and barley soup Chicken chow mein Date square	17 Chicken and rice soup Honey and vinegar pork medallion Egg noodles, vegetables Molasses cookie	18 Tomato noodle soup Trout pies Vegetables Cake with chocolate sauce



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



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