

Please be advised that, due to rising raw material costs, the price of our frozen meals will be adjusted. Beginning **June 1, 2026**, the price will be **\$4.50 per meal**, up from \$4.

We remain committed to delivering high-quality meals at the best possible price and thank you for your understanding and continued trust.

We would like to inform you that the Meals on Wheels service will be on pause from **July 20 to August 7, 2026** inclusively. We will be back on **August 10, 2026**.

To help you out during this period, it is possible to order additional meals in advance to cover these three weeks.

Also, during the summer period, from **June 12 to September 4, 2026** inclusively, Friday meals will be delivered at the same time as Thursday.

Thank you very much for your understanding and cooperation. We look forward to continuing to serve you!

DELIVERY AND COST

Delivery is available in all 11 municipalities of the Coaticook MRC (certain conditions apply).

Only \$7 for soup, a main dish, dessert, and delivery included!

For more information:

Sandra Boss – 819-849-7011 ext. 225

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Josée Thibault – 819-849-7011 ext. 236

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
MAY 2026

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 May 2026

Monday	Tuesday	Wednesday	Thursday	Friday
4 Corn chowder Chicken jardinière with fettuccine and vegetables Oatmeal galette	5 Rice and beef soup Macaroni gratin and vegetables Blueberry square	6 Chicken soup with noodles Maple-glazed pork, potatoes and vegetables Cherry cake	7 Cream of vegetables Meatloaf, rice and vegetables Muffin	8 Turnip soup with gourmet Seafood gratin and vegetables Chocolate zucchini cake
11 Minestrone soup Beef galette, rice and sautéed vegetables Chocolate chip muffin	12 Cream of broccoli Chicken pâté, mashed potatoes and vegetables Fruit croustade	13 Chef's Choice 	14 Cream of celery Pasta salad with ham and vegetables Cheese and vegetables Blueberry muffin	15 Vegetable soup Fish fillet with béarnaise sauce, rice and vegetables Bread pudding with raisins
18 Closed National Patriots' Day	19 Rice and tomato soup Chicken with curry, couscous and vegetables Pumpkin biscuit	20 Oat soup and beef Veal Marengo, potatoes and vegetables Brownie	21 Corn and tomato soup Pork cutlet, mashed potatoes and vegetables Lemon square	22 Chicken soup and noodles Salmon with dill, rice and vegetables Chocolate cake
25 Vegetable soup Grandfather with chicken, rice and vegetables Jell-O and cookie	26 Broccoli and carrot soup Beef à la Africanine, vegetables and potatoes Chocolate tart	27 Cream of mushrooms Ravioli with pesto and vegetables Cake and fruit salad	28 Rice soup and chicken Pork medallion with honey and vinegar Egg noodles and vegetables Molasses cookie	29 Tomato soup and noodles Trout patties and vegetables Cake with chocolate sauce



2ND CHOICE

Second choice for the month of May: Crab Stick Pita with Salad
 Available anytime, this delicious option is offered to you throughout the month, whenever you like.

