



## S'unir pour nourrir

Campagne des paniers de Noël 2025

The Christmas Basket Campaign is just around the way. It will take place from November 6 to December 18, 2025.

During this campaign we will collect money and non-perishable food at the CAB, but also in the various shops of the MRC.

You can also make a donation online by going to the Donations section of our website: [cabmrccoaticook.org](http://cabmrccoaticook.org)

Please note that Meals on Wheels will be closed from December 20, 2025, to January 4, 2026, inclusively for the holiday season. Back on January 5, 2026. To help you during these two weeks, it will be possible to order extra meals, as well as frozen dishes.

For information : Sandra Boss  
819-849-7011 poste 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

*Enjoy our  
home-cooked meals  
delivered to your door!  
November 2025 menu*

Popote NEWS RATES	
from September 1, 2025	
SOUP	1.00\$
PRINCIPAL MEAL	5.00\$
DESSERT	1.00\$

The CAB is proud to use meat from  
Moisson Estrie to reduce food waste  
and maintain the affordable cost  
Of meals.



# MEALS ON WHEELS · November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Corn Chowder, Garden chicken, Vegetables, Bread Oatmeal Cookie	4 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	5 Chicken Noodle Soup Maple Beef Stew, Potatoes, Vegetables, Cherry Cake	6 Cream of Vegetable Soup Meatloaf, Rice, Vegetables Muffin	7 Turnip and gourmet Soup Seafood gratin, vegetables Zucchini chocolate cake
10 Minestrone Soup Beef Patty, Rice, Sauted vegetables Muffin chocolate	11 Brocoli Velouté Chicken Pot Pie, patato, Vegetables Fruit Crisp	12 Chines Soup Sausage casserole, pilaf rice, Vegetables Banana bread	13 Onion Soup Porcupine Meatball, Vegetables, Potato Fruit Pudding	14 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin Pouding
17 Tomato & rice Soup Chicken curry, couscous, and vegetables, Pumpkin cookies	18 Cream of Vegetable Soup Meat lasagna Vegetables Tapioca	19 Cream of Celery Soup Ham and pasta salad, vegetables Blueberry Muffins	20 Tomato and corn Soup Pork chop Mashed potatoes and vegetables Lemon square	21 Chicken noodle Soup Dill salmon, Rice & Vegetables Oat cake
24 Vegetable Soup, Chicken grandpa, rice, and vegetables Jell-O & cookies	25 Cream carrot and broccoli Soup African beef, Potatoes and vegetables Chocolate pie	26 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square	27 Rice and chicken Soup Honey and vinegar pork medallion, Egg noodles, Vegetables Molasse cookies	28 Tomato and noodle Soup Trout pies, vegetables, Chocolate sauce cake



Discover the  
**2nd choice of the month:**  
**Beef Stroganoff!**  
Available at all times, this delicious option is  
offered to you  
all month long.



**CENTRE**  
**BÉNÉVOLE**  
DE LA MRC DE COATICOOK