

**Would you like a day off from cooking?
Always wondering what to make for dinner?
Meals on Wheels is here for you!**

It is designed for people aged 50 and over, as well as convalescing individuals, people with disabilities, and new moms, regardless of income.
All meals are balanced and approved by a nutritionist.

Ordering a meal

Meals must be ordered at least one week in advance, Monday through Thursday between 9 a.m. and 2 p.m.

Cancellation of meals.

Please cancel your meal as soon as possible. In case of emergency, cancellation can be made no later than 8:30 a.m.

Important :

Any meal not cancelled on time will be charged

Meal delivery is available throughout the MRC of Coaticook, except in Waterville. Certain conditions apply.

For more information:

Sandra Boss – 819-849-7011, ext. 225

popote@cabmrccoaticook.org

Josée Thibault – 819-849-7011, ext. 236



**La popote
roulante**

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK

Fresh meals served at home

MENU


FEBRUARY 2026

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



**MOISSON
ESTRIE**

MEALS ON WHEELS FERAUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Vegetable soup Grandpa's chicken, rice, and vegetables Jell-O & cookies	3 Cream of carrot and broccoli soup African beef, potatoes, and vegetables Chocolate pie	4 Cream of mushroom soup Ravioli with pesto and vegetables Fruit pudding	5 Rice and chicken soup Honey and vinegar pork medallions, egg noodles, and vegetables Molasses cookies	6 Tomato and noodle soup Trout pie and vegetables Chocolate sauce cake
9 Crécy soup (carrot soup) Chicken in sauce, mashed potatoes, and vegetables Applesauce	10 Barley and tomato soup Chicken chow mein with vegetables Coconut square	11 Chef's Choice 	12 Onion soup Porcupine meatballs, mashed potatoes, and vegetables Fruit muffin	13 Beef and noodle soup Haddock with tomato sauce, rice, and vegetables Apple cake
16 Cream of leek soup Creole sausages, rice, and vegetables Rolled cake	17 Cream of spinach soup Spaghetti with meat sauce, cheese, and bread Poor man's pudding	18 St. Germain cream soup Salsa chicken, potatoes, and vegetables Cake with fruit topping	19 Minestrone soup Shepherd's pie and vegetables Coconut and pineapple cookie	20 Cabbage and beef soup Linguine carbonara and vegetables Apple crisp
23 Beetroot and pear soup Teriyaki chicken, egg noodles, and vegetables Yogurt, fruit salad & biscuit	24 Tomato and noodle soup Meatball stew, mashed potatoes, and vegetables Zucchini square	25 Peasant soup Crispy chicken with ancient grains Mashed carrots and turnips Chocolate-banana cookie	26 Beef and vegetable soup Pork fillet, rice, and vegetables Raspberry muffin	27 Tomato cream soup Salmon pâté with egg sauce and vegetables Strawberry and rhubarb pudding



Second choice for the month of February:
Beef Stroganoff
Available anytime, this delicious option is offered to you throughout the month, whenever you like.



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

