

IMPORTANT

*Please note that meals ordered are paid meals. If you want to cancel or modify your order let us know in advance; that is, on the Thursday of the previous week. If you are unable to reach us in advance, meals will be charged.
Thank you for your cooperation.*

SCHEDULE

Please note that the Friday meal delivery will start again from Friday 8 September 2023. In addition, we will be closed on Monday, September 4th due to Labor Day.

Our Meals on Wheels service is available in all municipalities of the MRC, except in Waterville which is served by Lennoxville Community Aid. Certain conditions apply.

Pour information : Sandra Boss
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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

SEPTEMBER 2023

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



MEALS ON WHEELS · September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day	5 Brocoli Cream Chicken Pot Pie, Couscous, Vegetables Fruit Crisp	6 Chinese Soup Stewed Pork, Noodles, Vegetables Raspberry Muffin	7 Onion Soup Porcupine Meatball, Vegetables, Mashed Patatoes, Fruit Pudding	8 Vegetable soup Fish fillet with béarnaise sauce, rice, vegetables Pudding with bread and grapes
11 Vegetable cream soup Chicken curry, couscous, and vegetables, Pumpkin cookies	12 Lentil soup Meat lasagna Vegetables Tapioca	13 Tomato & rice soup Ham and pasta salad, vegetables Blueberry Muffins	14 Broccoli cream Pork chop Mashed potatoes and vegetables Lemon square	15 Chicken noodle soup Dill salmon, Rice & Vegetables Oat cake
18 Tomato noodle soup Chicken grandpa, rice, and vegetables Jell-O & cookies	19 Carrot and broccoli cream African beef, Potatoes and vegetables Chocolate pie	20 Beef and barley Soup Chinese chicken macaroni (Chow mein) Date square	21 Rice and chicken soup Broccoli and pork stew, Egg noodles, Vegetables Molasse cookies	22 Vegetable soup, Trout pies, vegetables, Chocolate sauce cake
25 Carrot cream turkey in sauce, Mashed potatoes, vegetables Pudding & cookies	26 Legume soup, Pulled pork burger, hash browns, vegetables Coconut square	27 Spinach cream Spaghetti with meat sauce, cheese, bread Maple cake pudding	28 Barley and tomato soup, Beef and cabbage casserole,potato, vegetables Fruit muffins	29 Beef and noodle soup Fish fillet with mushroom sauce, rice, vegetables Apple cake

Please let us know the number of frozen meals you want at the same time as the order.

Chicken pot pie	Macaroni with meat	Ham and vegetables	Salmon pie	Lasagna
Meatball stew, brown sauce	Macaroni with cheese and ham	Shepherd's Pie	Beef casserole	Chicken with King sauce

Deadline to order/cancel the following week's meals is Thursday noon.