

Do you want to take a break from cooking?

Not always sure what to prepare for dinner?

Popote Roulante is here for you!

This service is offered to people aged 50 and over, as well as to people who are recovering, people with disabilities, and new mothers, regardless of income.

Our meals are well-balanced and approved by a nutritionist.
Meal delivery is available in the 11 municipalities of the Coaticook RCM.
Certain conditions apply.

Rate: \$7 for a complete meal.

Notice of Closure – Holiday Season

Please note that Meals on Wheels will be closed from December 20, 2025, to January 4, 2026, inclusive for the holiday season.

Service will resume on Monday, January 5, 2026.

To help you during this period, it will be possible to order additional meals and frozen dishes before the closure.

In case of inclement weather, we also encourage you to plan extra meals in advance, as deliveries may be delayed or postponed for safety reasons.

Thank you for your understanding and cooperation.

The Meals on Wheels team wishes you a happy holiday season!

For information: Sandra Boss and Josée Thibault
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La popote roulante

DU CENTRE D'ACTION BÉNÉVOLE
DE LA MRC DE COATICOOK



JANUARY

The CAB is proud to use meat from
Moisson Estrie to reduce
food waste and maintain
the affordability of Meals on Wheels.



MEALS ON WHEELS JANUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
5 Roasted red pepper velouté. Chicken à la king, potatoes, and Vegetables Health cookies	6 Split pea soup Pineapple ham, carrot puree, rice Fruit tartlet	7 Asparagus velouté Beef Bourguignon, mashed potatoes, vegetables Zucchini Cake	8 Vegetable Noodle Soup Peach meatballs, rice, Vegetables, Queen Elizabeth cake	9 Sweet potato and cheddar soup Creamy salmon batter Vanilla pudding and biscuit
12 Corn Chowder, Garden Chicken, Vegetables, & Bread Oatmeal Cookie	13 Beef and Rice Soup Gratinated macaroni, Vegetables Blueberry Squares	14 Chef's choice	15 Cream of Vegetable Soup Meatloaf, Rice, Vegetables Banana muffin	16 Turnip and gourmet Soup Seafood gratin, vegetables Spice Cake
19 Minestrone Soup Beef Patty, Rice, Sautéed, Vegetables Chocolate Muffin	20 Brocoli Velouté Chicken Pot Pie, patato, Vegetables Fruit Crisp	21 Chines Soup Sausage casserole, pilaf rice, Vegetables Banana bread	22 Cream of celery Soup Pasta salad, ham and vegetables Cheese and raw vegetables Yogurt, fruit salad and biscuit	23 Vegetable Soup Fish fillet with béarnaise sauce, rice, vegetables Bread and raisin Poudding
26 Tomato & Rice Soup Chicken curry, Couscous, and vegetables, Pumpkin cookies	27 Cream of Vegetable Soup Meat Lasagna, and Vegetables Tapioca and Cookies	28 Italian Wedding Soup Veal Marengo, Potatoes, Vegetables Brownie	29 Tomato and Corn Soup Pork chop Mashed potatoes and Vegetables Lemon Square	30 Chicken Noodle Soup Dill salmon, Rice & Vegetables Oat cake



Second choice for the month of January:
Maple Pork
Available anytime, this delicious
option is offered to you throughout
the month, whenever you like.