

WHO IS THIS SERVICE FOR ?

- Sick our recovering people
- People with disabilities or reduced mobility
- Those who have lost some autonomy
- Or other medical situations

THIS SERVICE COULD BE FOR YOU!

**For registration,
certain creteria apply.**

This project is funded in partnership with the Alliances for Solidarity and the Minister of Labor, Employment and Social Solidarity.

This service aims to support the elderly or a person with health problems. Vulnérable individuals in need of help in their daily living activites can also use this service.



**176,
Boul. Gérard-D.-Levesque Ouest,
Paspébiac**

LITTLE FROZEN MEALS OF THE BAY!



**CENTRE D'ACTION
BÉNÉVOLE**
SAINT-SIMÉON • PORT-DANIEL



418 752-5577

5

Home delivery service

Our volunteers are providing a home delivery service every two weeks.

A minimum of 5 meals is needed to place an order.

You may pick up your meals directly here at the « Centre d'action bénévole » your volunteer centre in Paspébiac.



ON THE MENU :

- ♦ **CHICKEN BREAST**
- ♦ **MEATBALL STEW**
- ♦ **GRATINATED MACARONI**
- ♦ **SHEPHERD'S PIE**
- ♦ **PORK TENDERLOIN**
- ♦ **LASAGNA**
- ♦ **COD FILET**
- ♦ **PINEAPPLE HAM**
- ♦ **SALMON PIE**
- ♦ **CHINESE NOODLES WITH CHICKEN**
- ♦ **ITALIAN MEATBALLS**
- ♦ **SALTED COD FISH CAKES**
- ♦ **BEEF STEW**
- ♦ **VEGETABLES BEEF SOUP**
- ♦ **PEA SOUP**
- ♦ **CHICKEN BARLEY SOUP**

These little dishes are health, practical and affordable!

These frozen meals are prepared in the CAB under the supervision of a cook with a dynamic team of volunteers.

