

HOME DELIVERY AVAILABLE

Delivery available every 2 weeks.

A minimum of 5 plates to make an order.

You can also pick up your Little Frozen Meals directly at the Centre d'action bénévole Saint-Siméon/Port-Daniel's office, in Paspébiac.



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

CONTACT US

418 752-5577, ext. 5

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Paspébiac, G0C 2K0

WWW.CABST-SIMEON-PORT-DANIEL.COM



The Little Frozen Meals are healthy, convenient, and economical!



THE LITTLE FROZEN MEALS



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

*At the heart of
it's community*

418 752-5577

WHO ARE THE LITTLE FROZEN MEALS FOR?

Are you:

- Sick;
- Recovering from an illness;
- With reduced mobility;
- Experiencing a slight loss of independence;

Or in another specific situation?.

THIS SERVICE MAY BE FOR YOU!

Certain criteria apply when registering for the service.

This service aims to support the elderly, or any other vulnerable person, in their daily life.



OUR MEALS

- CHICKEN BREAST
- MEATBALL STEW
- CHEESY BEEF & MACARONI CASSEROLE
- SHEPHERD'S PIE
- PORK TENDERLOIN
- LASAGNA
- COD FILET
- PINEAPPLE HAM
- SALMON PIE
- CHINESE NOODLES WITH CHICKEN
- ITALIAN MEATBALLS
- SALTED COD FISH CAKES
- BEEF STEW
- CHICKEN PIE
- SPAGHETTI
- MUSHROOM CREAM PORK CHOPS

OUR SOUPS

- TOMATOE VERMICELLI SOUP
- VEGETABLE BEEF SOUP
- PEA & HAM SOUP
- CHICKEN BARLEY SOUP
- CHICKEN NOODLE SOUP

**MENUS
COULD CHANGE**

These Little Frozen Meals are prepared by a dynamic team, trained to comply with MAPAQ food hygiene and safety regulations.

