

## WHO IS THIS SERVICE FOR ?

- Seniors over 65 years of age;
- People who are sick or recovering from sickness;
- People living with a disability;
- People who have lost autonomy;
- Citizens residing between Saint-Siméon à Port-Daniel.

If you are living in a different situation and need more information on this service, do not hesitate to contact us.

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

The service aims to support the elderly or a person with health problems and vulnerable persons in need of help in their daily living activities.



## LITTLE FROZEN MEALS OF THE BAY !



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



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

**418 752-5577**  
**# 5**

## **Home delivery service**

**Our volunteers are providing a home delivery service in 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.**

### **THE COST :**

**1.50 \$ / soup bowl**

**5.00 \$ / meal without delivery**

**5.00 \$ / meal with delivery**

**Please bring your own bags !**

## **ON THE MENU :**

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

These little dishes are  
heatly, pratical and  
economical !

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

Every week, nearly 100 meals are prepared with lots of love and enthusiasm !

**A CHOICE OF  
12 DIFFERENT  
MEALS  
AND 3 SOUPS.**