

## 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 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.



## 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 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**
- ♦ **CHICKEN PIE**
- ♦ **CARROTS SOUP**
- ♦ **VEGETABLES BEEF SOUP**
- ♦ **PEA SOUP**
- ♦ **CHICKEN BARLEY SOUP**

[These little dishes are healthy, practical and affordable!](#)

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

