

# Thanks to our sponsors !

**OPTOPLUS**

Clinique visuelle

Sherbrooke - East Angus - Rock Forest

819-564-2255

**Roxy**

Métamorphose

COIFFURE À DOMICILE

Roxane Leclair

819 640-4412

**Copies  
de l'Est**

819 562-4445

Coiffure  
à domicile

Johanne Berthelette

819 565-1050

cellulaire (873-662-5255)



**Jean Coutu**

Sylvie Lussier & Éric Gamache

445 rue King Est 819 563-1212

Olivier Bertrand

sercovie

Travailleur de milieu auprès des aînés de Sherbrooke

Écoute | Information | Référence

Service gratuit et confidentiel

819 565-1066 poste 109  
travaildemilieu@sercovie.org

Facebook : Travail de milieu Sercovie



**JOSÉE RUEL**  
Soins de pieds à domicile  
819-565-2993



## CALENDAR 2026

ser  
covie

### Meals on Wheels office

Monday to Friday

8:30 am to 4 pm

300 rue du Conseil,

Sherbrooke (Qc) J1G 1J4

819-565-5522

To benefit from our Meals on Wheels service  
You must be 65 and over or have health issues.  
Call us to check your eligibility.



**More than a community center, a living environment !**

MEALS ON WHEELS

ACTIVITY CENTER

CAFETERIA

ROOM RENTAL



**Orders**  
HOT MEALS OR 2nd CHOICE MODIFICATION :  
Monday to Friday from 8:30 am to 4 pm.  
You must place your order a maximum of one month in advance.

FROZEN MEALS :  
Monday to Friday from 8:30 am to 4 pm.  
To receive your frozen food on Monday,  
you must order no later than noon the previous Thursday.  
Complete list of meals at the end of calendar.

**Cancellation**  
EXCEPTIONALLY, IN CASE OF EMERGENCY, it is possible to cancel until 9:30 am the same morning.  
\*\*\*The meal will be charged if you don't cancel in advance.\*\*\*

Winter session registration for the activity center :  
From Decembre 9th, 2025 at 9 AM.  
Visit our website [sercovie.org](http://sercovie.org) or call 819 565-1066 ext.201 for more information ! Session starts on January 12th. (classes in french only)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>OPTOPLUS</div><div>Clinique visuelle</div><div>Sherbrooke - East Angus - Rock Forest</div><div>819-564-2255</div></div>				1 CLOSED HAPPY NEW YEAR'S DAY !	2 CLOSED NEW YEAR'S	3
4	5 OFFICE CLOSES at 2 PM for planning	6 Beef blanquette	7 Chicken supreme	8 Chinese meal (egg roll, fried rice, pineapple chicken)	9 Meatloaf style meatballs	10
11	12	13 Thai chicken stir fry	14 Salmon pie with egg sauce	15 Peach sauce meatballs	16 Beef and vegetables stew	17
18	19	20 Marengo beef	21 Teriyaki chicken	22 Lac St- Jean meat pie	23 Lasagna with meat sauce	24
25	26	27 Dijon pork	28 Hamburger steak, fried onions	29 Haddock fillet	30 Chicken supreme	31



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>.....</div> <div>Coiffure à domicile</div> <div>Johanne Berthelette 819 565-1050</div> <div>cellulaire (873-662-5255)</div>		3 Chicken and sausage casserole	4 Meatloaf with vegetable gratin	5 Salmon pie with egg sauce	6 Beef bourguignon	7
8	9	10 Macaroni, with meat sauce	11 Pork and beef meat pie	12 Butter chicken meatballs	13 Pork chop	14 Happy Valentine's Day ! 
15	16	17 Pork & meatballs stew	18 Salmon fillet  Ash Wednesday	19 Chicken pie	20 Beef stew	21
22	23	24 Beef blanquette	25 Meatloaf style meatballs	26 Salmon pie with egg sauce	27 Chinese meal (egg roll, fried rice, pineapple chicken)	28



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Spring session registration for the activity center:  
From March 31st 2026, 9 AM.  
Visit our website [sercovie.org](http://sercovie.org) or call 819 565-1066 ext.201 for more information ! (Classes in french only)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Olivier Bertrand</div> <div>Travailleur de milieu auprès des aînés de Sherbrooke</div> <div>Écoute   Information   Référence</div> <div>Service gratuit et confidentiel</div> <div>819 565-1066 poste 109 travailemilieu@sercovie.org Facebook : Travail de milieu Sercovie</div> <div></div>		3  <b>Thai chicken stir fry</b>	4 <b>Peach sauce meatballs</b>	5 <b>Beef stew with vegetables</b> <small>*Deadline to order the Sugar Shack dinner</small>	6 <b>Chicken supreme</b>	7 <b>Set your clocks forward an hour on the night of March 7th to 8th</b> 
8	9	10 <b>Marengo beef</b>	11  <b>Teriyaki chicken</b>	12 <b>Lac-Saint-Jean meat pie</b>	13 <b>Deluxe lasagna</b>	14
15	16	17 <b>Haddock fillet</b> <b>Happy St-Patrick's Day !</b> 	18  <b>Sweet and sour pork</b>	19  <b>Sugar shack dinner</b> (ham, sausages, potatoes, waffles, coleslaw, lard beans, etc.) <small>no 2nd choice today</small>	20 <b>Chicken à la king</b>	21
22	23	24 <b>Beef bourguignon</b>	25  <b>Shepherd's pie</b>	26 <b>Salmon pie with egg sauce</b>	27 <b>Pork chop</b>	28
29	30	31 <b>Hot chicken style stew</b>	1  <b>Meat pie</b>	2 <b>Butter chicken meatballs</b>	3 <b>Salmon fillet</b>	4



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Take the opportunity of Volunteer Week to give a big THANK YOU to our 300 active volunteers !

Spring session of the activity center starts on April 13th, 2026.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 ○ Meat pie	2 Butter chicken meatballs	3 Salmon fillet  Good Friday	4
5 Happy Easter ! 	6 CLOSED ON EASTER MONDAY 	7 Macaroni with meat sauce OFFICE CLOSES at 2 PM for planning	8 Pork & meatballs stew	9 ◐ Chicken pie	10 Beef stew	11
12	13	14 Beef blanquette	15 Chicken supreme	16 Chinese meal (egg roll, fried rice, pineapple chicken)	17 ● Meatloaf style meatballs	18
19	20	21 Thai chicken stir fry	22 Salmon pie with egg sauce	23 ◐ Peach sauce meatballs	24 Beef stew with vegetable	25
NATIONAL VOLUNTEER WEEK						
26	27	28 Marengo beef	29 Teriyaki chicken	30 Lac-Saint-Jean meat pie	1 ○ Lasagna with meat sauce	2



Orders

HOT MEALS OR 2nd CHOICE MODIFICATION :

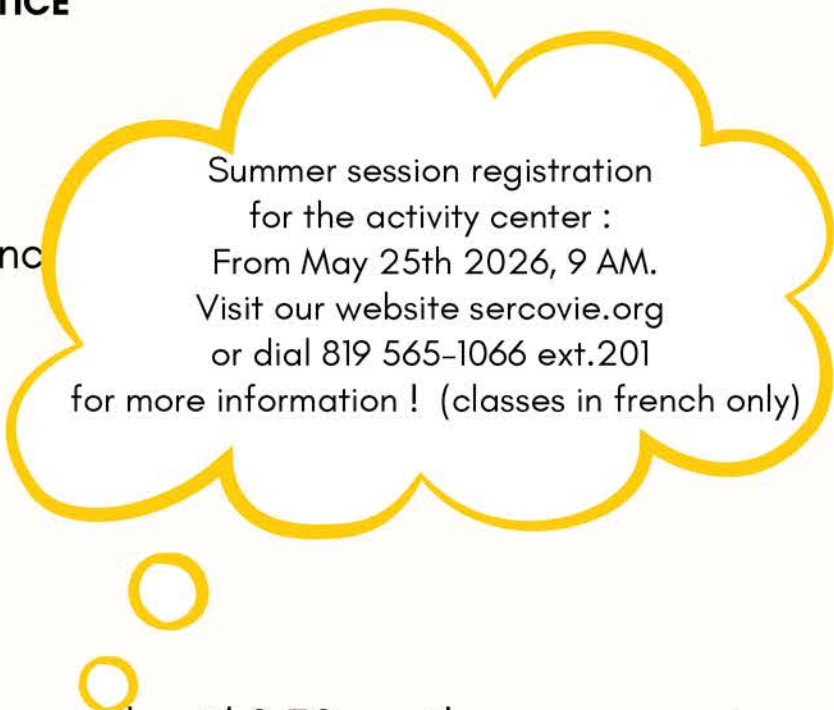
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Some statistics during this Meals on Wheels week:</b> <b>151 400 meals delivered annually</b> <b>Over 90 200 km travelled to reach 1 700 clients.</b> <b>THANK YOU !!</b>				1 ○ <b>Lasagna with meat sauce</b>	2
3	4	5 <b>Mushroom sauce pork</b>	6 <b>Haddock fillet</b>	7 <b>Hamburger steak with fried onions</b>	8 <b>Chicken supreme</b>	9 ●
10 <b>Happy Mother's Day !</b> 	11	12 <b>Chicken and sausages casserole</b>	13 <b>Meatloaf with vegetable gratin</b>	14 <b>Salmon pie with egg sauce</b>	15 <b>Beef Bourguignon</b>	16 ●
MEALS ON WHEELS WEEK						
17	18 <b>CLOSED NATIONAL PATRIOTS' DAY</b> 	19 <b>Macaroni with meat sauce</b>	20 <b>Meat pie</b>	21 <b>Butter chicken meatballs</b>	22 <b>Pork chop</b>	23 ●
24 31 ○	25	26 <b>Salmon fillet</b>	27 <b>Pork &amp; meatballs stew</b>	28 <b>Chicken pie</b>	29 <b>Beef stew</b>	30



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Summer schedule

From June 19th to September 4th 2026 inclusively, our offices will be closed on Fridays from 1 PM.

Activity center summer session starts June 8th 2026.

SUUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>Roxy</div><div>Métamorphose</div><div>COIFFURE À DOMICILE</div><div>Roxane Leclair</div><div>819 640-4412</div></div>		2 Chicken supreme	3 Chinese meal (egg roll, fried rice, pineapple chicken)	4 Salmon puff pastry with spinach	5 Beef Bourguignon	6
7	8 OFFICE CLOSES at 2 PM for planning	9 Thai chicken stir fry	10 Salmon pie with egg sauce	11 Macaroni with meat sauce	12 Peach sauce meatballs	13
14	15	16 Caesar chicken pasta salad	17 Marengo beef	18 Teriyaki chicken	19 Lasagna with meat sauce Office closes at 1 PM	20
21 Happy Father's Day ! 	22	23 Hamburger steak with fried onions	24 CLOSED NATIONAL HOLIDAY 	25 Dijon pork	26 Chicken supreme Office closes at 1 PM	27
28	29 CLOSED CANADA DAY 	30 Beef Bourguignon	1 Greek meal	2 Salmon pie with egg sauce	3 Chicken chili	4



2ND CHOICE OF THE MONTH : SPAGHETTI (SILVER COVER)

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE

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Summer schedule  
From June 19th to September 4th 2026  
inclusively, our offices will be closed on  
Fridays from 1 PM.

Heat prevention  
Need to cool off? Come visit, we  
have air conditioned areas!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>Copies de l'Est 819 562-4445</div>			1 Greek meal	2 Salmon pie with egg sauce	3 Chicken chili  Office closes at 1 PM	4
5	6	7  Salmon fillet	8 Beef blanquette	9 Butter chicken meatballs	10 Chicken pie  Office closes at 1 PM	11
12	13	14  Pork chop	15 Chinese meal (egg roll, fried rice, pineapple chicken)	16 Salmon puff pastry with spinach	17 Beef stew  Office closes at 1 PM	18
19	20	21  Chicken supreme	22 Meatloaf with vegetable gratin	23 Caesar chicken pasta salad	24 Beef Bourguignon  Office closes at 1 PM	25
26	27	28 Thai chicken stir fry	29  Hamburger steak with fried onions	30 Chicken à la king	31 Peach sauce meatballs  Office closes at 1 PM	1



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Summer schedule  
From June 19th to September 4th 2026  
inclusively, our offices will be closed on Fridays  
from 1 PM.  
Activity center  
The schedule for the Fall 2026 session will soon  
be available on our website [sercovie.org](http://sercovie.org).  
Registrations from August 27th 2026, 9 AM.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>OPTOPLUS</b> Clinique visuelle Sherbrooke - East Angus - Rock Forest 819-564-2255						1
2	3	4 Marengo beef	5 Caesar chicken pasta salad	6 Teriyaki chicken	7 Deluxe Lasagna  Office closes at 1 PM	8
9	10	11 Haddock fillet	12 Sweet and sour pork	13 Hamburger steak with fried onions	14 Chicken supreme  Office closes at 1 PM	15
16	17	18 Beef Bourguignon	19 Greek meal	20 Salmon pie with egg sauce	21 Hot chicken style stew  Office closes at 1 PM	22
23 30	24 31	25 Pork chop	26 Butter chicken meatballs	27 Chicken pie	28 Beef blanquette  Office closes at 1 PM	29



2ND CHOICE OF THE MONTH : SPAGHETTI (SILVER COVER)

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DIMANCHE	LUNDI	MARDI	MERCREDI	JEUDI	VENDREDI	SAMEDI
<div>.....</div> <div>Coiffure à domicile</div> <div>Johanne Berthelette 819 565-1050</div> <div>cellulaire (873-662-5255)</div>		1 Salmon fillet  OFFICE CLOSSES at 2 PM for planning	2 Meatloaf with vegetable gratin	3 Caesar chicken pasta salad	4 ☾ Beef stew  Office closes at 1 PM	5
6	7 CLOSED LABOR DAY	8 Beef Bourguignon	9 Chinese meal (egg roll, fried rice, pineapple chicken)	10 ●	11 Chicken supreme	12
13 Happy Grandparents' Day ! 	14	15 Thai chicken stir fry	16 Salmon pie with egg sauce	17 Macaroni with meat sauce	18 ☾ Peach sauce meatballs	19
20	21	22 Marengo beef	23 Caesar chicken pasta salad	24 Lasagna with meat sauce	25 Teriaki chicken	26 ○
27	28	29 Mushroom sauce pork	30 Hamburger steak with fried onions  Truth and Reconciliation Day	1 Haddock fillet	2 Chicken supreme	3



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				1 <b>Haddock fillet</b>  National Seniors Day	2 <b>Chicken supreme</b>	3 
4	5	6 <b>Chicken and sausages casserole</b>	7 <b>Meatloaf with vegetable gratin</b>	8 <b>Salmon pie with egg sauce</b>	9 <b>Beef Bourguignon</b>	10 
11	12 <b>CLOSED</b> <b>Thanksgiving</b> 	13 <b>Macaroni with meat sauce</b>	14 <b>Beef and pork pie</b>	15 <b>Butter chicken meatballs</b>	16 <b>Pork chop</b>	17
18 	19	20 <b>Salmon fillet</b>	21 <b>Pork &amp; meatballs stew</b>	22 <b>Chicken pie</b>	23 <b>Beef stew</b>	24
25	26 	27 <b>Beef blanquette</b>	28 <b>Chicken supreme</b>	29 <b>Chinese meal</b> (egg roll, fried rice, pineapple chicken)	30 <b>Meatloaf style meatballs</b>	31 <b>Happy Halloween !</b>  Set the clock back on the night of October 31st to November 1st. 






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Mark your calendars for our Christmas market November 21st and 22nd 2026. You'll be able to find local products, including items created by our own artisans, Les Mains Agiles !

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<div><b>Roxy</b> Métamorphose COIFFURE À DOMICILE Roxane Leclair 819 640-4412</div>		3 Thai chicken stir fry	4 Salmon pie with egg sauce	5 Peach sauce meatballs	6 Beef stew with vegetables	7
CAREGIVERS' WEEK						
8	9	10 Marengo beef	11 Teriyaki chicken  Remembrance Day	12 Lac-Saint-Jean meat pie	13 Lasagna with meat sauce	14
15	16	17 Dijon pork	18 Haddock fillet	19 Hamburger steak with fried onions	20 Chicken supreme	21 Les Mains agiles's Christmas market 
22 Les Mains agiles's Christmas market 	23	24 Chicken and sausages casserole	25 Meatloaf with vegetable gratin <small>*Deadline to order the Christmas dinner</small>	26 Salmon pie with egg sauce	27 Beef Bourguignon	28
29	30	1 Chicken à la king	2 Pork and beef meat pie	3 Butter chicken meatballs	4 Pork chop	5



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*Happy Holidays from everyone at Sercovie!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Thank you for paying special attention to our holiday schedule and plan your frozen meals accordingly!		1 ☾ Chicken à la king	2 Pork and beef meat pie	3 Butter chicken meatballs	4 Pork chop	5
6 Copies de l'Est 819 562-4445	7	8 ● Salmon fillet	9 🎄 Christmas Dinner (V8, meat pie, stew, vegetables, salad, mashed potatoes) no 2nd choice today	10 Macaroni with meat sauce	11 Beef stew	12
13	14	15 Thai chicken stir fry	16 Beef blanquette	17 ☾ Chinese meal (egg roll, fried rice, pineapple chicken)	18 Meatloaf style meatballs	19
20	21	22 Beef stew with vegetables	23 Salmon pie with egg sauce	24 ○ Chicken supreme  Office closes at 1 PM	25 CLOSED MERRY CHRISTMAS ! 🎅	26
27	28 CLOSED FOR CHRISTMAS	29 Marengo beef	30 ☾ Teriyaki chicken	31 Pork & meatballs stew  Office closes at 1 PM	1 CLOSED HAPPY NEW YEAR ! 🎆	2



Have you tried our frozen meals?  
A great way to eat healthily on evenings and weekends!  
(choices may vary depending on product availability)

INDIVIDUAL PLATES

TRADITIONAL MEALS  
With or without soup

- Beef stew with vegetables
- Meatballs, with peach sauce and mashed potatoes
- Lasagna, with meat sauce
- Shepherd’s pie
- Spaghetti, with meat sauce
- Chef’s special



CONFORT MEALS  
With or without soup

- Beef Bourguignon with mashed potatoes
- Chicken curry couscous
- Pork stew and meatballs with mashed potatoes
- Marinated chicken stir-fry with rice
- Mushroom sauce pork
- Chef’s special



GOURMET MEALS  
With or without soup

- Haddock fillet in a rosé wine sauce with rice or mashed potatoes
- Salmon fillet in an asparagus sauce with rice or mashed potatoes
- Chicken supreme with linguini pasta and italian sauce
- Chef’s special



MISCELLANEOUS

- Seafood shell
- Lard beans (500 g)
- Meat glaze
- Egg sauce



- Various soups and creams
- Pea soup (1 L)
- Pies
- Pie and pastry dough (1 kg)

ECONOMY SIZE  
(meat only)

500 G

- Beef Bourguignon
- Marengo beef
- Chicken and sausages casserole
- Mushroom sauce pork
- Beef stew
- Sweet ‘n sour pork
- Dijon pork
- Curry chicken
- À la king sauce
- Thaï chicken stir-fry

650 G

- Peach sauce meatballs
- Pork & meatballs stew

1,3 KG

- Pork & meatballs stew

AUTRES

- Chicken pie (250 g, 500g, 1kg)
- Salmon pie (250 g, 500g, 1kg)
- Lac-Saint-Jean meat pie (250 g, 500g, 1kg)
- Spaghetti sauce (250 g, 500g, 1kg)
- Meat pie (250 g, 500g, 1kg)

**Trepuree**  
(Campbell)

Frozen Pureed meal for safe swallowing.  
Individual purchase or in a 24-pack possible.

- Old-fashioned beef stew (green bean, potato)
- Stroganoff beef stew (squash, potato)
- À la King turkey (peas, potato)
- Turkey roast (squash, potato)
- Ham carrots turnip and potato
- Cheese macaroni



- Newburg fish (greens and potato)
- Pork BBQ (green beans, potato)
- Lemon chicken (carrots, potato)
- Roast chicken (green peas, potato)
- Roast beef (nutmeg carrots, potato)
- Roast pork (carrots, potato)
- Salmon (peas and pasta)