

# 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  
C  
o  
vie**

### 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**

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

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE

**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.



Winter session registration for the activity center :  
From December 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)

**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.\*\*\*

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

**Jean Coutu**

**Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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

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**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.

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you must order no later than noon the previous Thursday.

Complete list of meals at the end of calendar.

**Cancellation**

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

**Jean Coutu****Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

# ser CO VIE MARCH 2026

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

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE

MEALS ON WHEELS  
819 565-5522

## 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.

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)

## 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.\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Olivier Bertrand 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 	sercovie 3 	4 <b>Thai chicken stir fry</b>	5 <b>Peach sauce meatballs</b>	6 <b>Beef stew with vegetables</b>	7 <b>Chicken supreme</b>	Set your clocks forward an hour on the night of March 7th to 8th 
8	9	10 <b>Marengo beef</b>	11 	12 <b>Teriyaki chicken</b>	13 <b>Lac-Saint-Jean meat pie</b>	14
15	16	17 <b>Haddock fillet</b> Happy St-Patrick's Day ! 	18 	19  <b>Sugar shack dinner</b> (ham, sausages, potatoes, waffles, coleslaw, lard beans, etc.) no 2nd choice today	20 <b>Chicken à la king</b>	21
22	23	24 <b>Beef bourguignon</b>	25 	26 <b>Shepherd's pie</b>	27 <b>Salmon pie with egg sauce</b>	28
29	30	31 <b>Hot chicken style stew</b>	1 	2 <b>Meat pie</b>	3 <b>Butter chicken meatballs</b>	4 <b>Salmon fillet</b>



**Jean Coutu**

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445 rue King Est 819 563-1212

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

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**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.

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.

**Cancellation**

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\*\*\*The meal will be charged if you don't cancel in advance.\*\*\*

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

**Jean Coutu**

**Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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**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.

Summer session registration for the activity center :  
From May 25th 2026, 9 AM.  
Visit our website [sercovie.org](http://sercovie.org) or dial 819 565-1066 ext.201

for more information ! (classes in french only)

**Cancellation**

EXCEPTIONALLY, IN CASE OF EMERGENCY, it is possible to cancel until 9:30 am the same morning.

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

**Some statistics during this Meals on Wheels week:**  
**151 400 meals delivered annually**  
**Over 90 200 km travelled to reach**  
**1 700 clients.**  
**THANK YOU !!**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
					<b>Lasagna with meat sauce</b>	
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
<b>MEALS ON WHEELS WEEK</b>						
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	25 <b>Salmon fillet</b>	26	27 <b>Pork &amp; meatballs stew</b>	28 <b>Chicken pie</b>	29 <b>Beef stew</b>	30
31						



**Jean Coutu**

**Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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

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**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.

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.

**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.\*\*\*

SUUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Roxy</b> Métamorphose COIFFURE À DOMICILE Roxane Leclair 819 640-4412	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



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Monday to Friday from 8:30 am to 4 pm.

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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!

**Cancellation**

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**Copies  
de l'Est**  
819 562-4445

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Greek meal	2 Salmon pie with egg sauce	3 Chicken chili	4
5	6	7 	8 Beef blanquette	9 Butter chicken meatballs	10 Chicken pie	11
12	13	14 	15 Chinese meal (egg roll, fried rice, pineapple chicken)	16 Salmon puff pastry with spinach	17 Beef stew	18
19	20	21 	22 Meatloaf with vegetable gratin	23 Caesar chicken pasta salad	24 Beef Bourguignon	25
26	27	28 Thai chicken stir fry	29 	30 Chicken à la king	31 Peach sauce meatballs	1



**Jean Coutu**

Sylvie Lussier & Éric Gamache  
445 rue King Est 819 563-1212

# ser CO vie AUGUST 2026

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

\*MENU SUBJECT TO CHANGE WITHOUT NOTICE

## 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.

MEALS ON WHEELS  
819 565-5522

#### 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.

## 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.\*\*\*

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



**Jean Coutu**

**Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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

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Complete list of meals at the end of calendar.

**Cancellation**

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Fall session for the activity center starts on September 14th 2026.

Are you familiar with our tailored programs, such as the fall prevention program? Find out more by visiting our website [sercovie.org](http://sercovie.org) or call us 819 565-1066 ext.201 !

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


**Jean Coutu**
**Sylvie Lussier & Éric Gamache**  
**445 rue King Est 819 563-1212**

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FROZEN MEALS :

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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.

Order your frozen meals for the holiday season in advance. A storm can arrive quickly. Also, we will be closed for several days between Christmas and New Year's Day.

Be sure to stock up!

**Cancellation**

EXCEPTIONALLY, IN CASE OF EMERGENCY, it is possible to cancel until 9:30 am the same morning.

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <b>JOSÉE RUEL</b> Soins de pieds à domicile 819-565-2993				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> Thanksgiving 	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.

**Jean Coutu****Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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

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Monday to Friday from 8:30 am to 4 pm.

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**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.



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 !

**Cancellation**

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\*\*\*The meal will be charged if you don't cancel in advance.\*\*\*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Roxy</b> Métamorphose COIFFURE À DOMICILE Roxane Leclair 819 640-4412	3 Thai chicken stir fry	4 Salmon pie with egg sauce	5 Peach sauce meatballs	6 Beef stew with vegetables	7	
<b>CAREGIVERS' WEEK</b>						
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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Monday to Friday from 8:30 am to 4 pm.

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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.



***Happy Holidays from everyone at Sercovie!***

**Cancellation**

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\*\*\*The meal will be charged if you don't cancel in advance.\*\*\*

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



**Jean Coutu**

**Sylvie Lussier & Éric Gamache**  
445 rue King Est 819 563-1212

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

### 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)

### 1,3 KG

- Pork & meatballs stew

## 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)