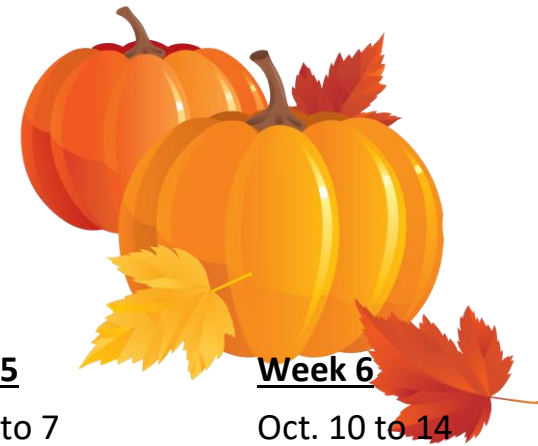




LES ARTISANS DE L'AIDE MENU/ FALL 2022

Meals on wheels coordinator: Crystel Chénier **450 472-9540 ext. 225.**

For delivery, please leave a box or cooler near your door.



Week 1

Sept. 5 to 9

Oct. 17 to 21

Week 2

Sept. 12 to 16

Oct. 24 to 28

Week 3

Sept. 19 to 23

Oct. 31 to Nov. 4

Week 4

Sept. 26 to 30

Nov. 7 to 11

Week 5

Oct. 3 to 7

Nov. 14 to 18

Week 6

Oct. 10 to 14

Nov. 21 to 25

All meals are accompanied with soup and dessert of the day

Week 1 : September 5th to September 9th (Monday, September 5th, no delivery) / October 17th to October 21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pork fricassee	Spaghetti with meet sauce	No delivery	Sweet pork chop	Beef with vegetables stew

Week 2 : September 12th to September 16th / October 24th to October 28th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Chinese macaroni	Royale chicken	No delivery	Fish fillet	Stroganoff pork

***To cancel your meal, call us the day before at the latest before 3 p.m.**

Please note menus can be changed without notice.

See more on the back



LES ARTISANS DE L'AIDE MENU/ FALL 2022



Week 3 : September 19th to September 23rd / October 31st to November 4th				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sausages and peppers	Chop suey	No delivery	Chicken with mushroom sauce	Shepherd's pie

Week 4 : September 26th to September 30 th / November 7th to November 11th				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Alfredo pasta with chicken and spinach	Stuffed pepper	No delivery	Meatloaf	Pineapple ham

Week 5 : October 3rd to October 7th / November 14th to November 18th				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Spaghetti with meat sauce	Bbq chicken leg	No delivery	Hamburger steak	Tuna casserole

Week 6 : October 10th to October 14th (Monday, October 10th, no delivery) / November 21st to November 25th				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reinvented shepherds's pie	Macaroni with meat sauce	No delivery	Pork tenderloin	Chicken kebab

*Closing day: September 5th, 2022 (Labour Day) and October 10th, 2022 (Thanksgiving)