



These little frozen meals are prepared at New Car-lisle High School under the supervision of Chef Tammy Chatterton with a dynamic team of volunteers.

Every Tuesday, one hundred little frozen meals are prepared with love and enthusiasm!



**Centre d'action bénévole
Saint-Siméon/Port-Daniel**



176, Boul. Gérard-D.-Levesque Ouest
C.P. 337. Paspébiac (Québec)
G0C 2K0



You may also come and pick up your frozen meals at the Centre d'Action Benevole, just call us 24 hours in ADVANCE, to place your order.

3,00\$ per meal when you pick up at the Centre d'Action Benevole.

3,50\$ per meal when delivered.



Little Frozen Meals of the Bay !



A service offering small ready-made meals, that are healthy, practical and inexpensive!



418-752-5577

▶ **Little Frozen Meals of the Bay !**

On the menu

- ♦ **Chicken breast**
- ♦ **Pineapple ham**
- ♦ **Macaroni with meat**
- ♦ **Salmon pie**
- ♦ **Beef stew**
- ♦ **Pork tenderloin**
- ♦ **Lasagna**
- ♦ **Shepherd's pie**
- ♦ **Cod fillet**



▶ **Who is this service for**



- ♦ **Elders;**
- ♦ **People who are sick or recovering from sickness;**
- ♦ **Those who live with a handicap;**
- ♦ **Those who have lost some independence;**
- ♦ **Those living between St. Simeon and Port Daniel;**
- ♦ **If you are living another situation and need information about our service, call us !**

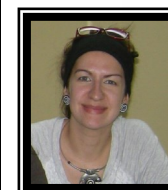
▶ **Home delivery service :**

Volunteers offer delivery service in your community twice a month !

A minimum of five (5) meals is required to place an order .



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MYRANIE CASTILLOUX

Project manager for

« Les P'tits Plats Givrés de la Baie »



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