

Order Form

Frozen meals

Buy \$100 or more, get 5% off on the total of your bill.

Minimum of \$25.

NAME:

ADDRESS :

TEL :

CLIENT :

DATE:



Au centre de votre autonomie

How to use:

Directly from the freezer to microwave. Raise a corner of the film and bake for 5 to 8 minutes depending on the strength of your device and chosen dish.

A delay of 48h is expected for the your order delivery.

Fees according to your delivery sector.

Chomedey \$ 2.

Opportunity to pick up the order on site (48h delay).

Delivery policy:

SCAMA cannot be held responsible for the storage of food by the customer.

No meal, once delivered, can be returned to the SCAMA (MAPAQ norms) and will be invoiced.

An order must be canceled at least 2 business days before the delivery, if not it will be invoiced.

DON'T FILL OUT	Day/ date	Delivery Fee
Delivery date		
Pick up		
Route		
Total		

Soup - \$ 1,75 each	Quantity
(S5) Beef and barley soup	
(S8) Minestrone soup	
(S12) Vegetable soup	
(S15) Pea soup	
(S16) Chicken noodle broth	
(CR1) Cream of vegetables soup	
(CR4) Cream of mushroom soup	
(SP) Carrot & ginger soup	
(V5) Red lentil soup with curry and coconut milk	
(V7) Cream of tomato	
(V8) Root vegetable soap	
Dessert - \$ 1,75 each	
(D1) Chocolate cake	
(D2) Carrot cake	
(D5) Oatmeal cake	
(D6) White cake	
(D9) Date square	
(D14) Sugar tart	
(D13) Lemon tart	
(D8) Upside down caramel cake	
(D10) Fruit muffin	
(D41) Home-made apple pie (2 portions) \$ 2,50	

Meal - \$ 6,75 each	Quantity
(R60) Cheese ravioli with tomato sauce	
(R62) Cabbage Cigars	
(R50) Pork meatballs (tomato sauce)	
(R24) Meatball stew (pork)	
(R5) Pork with mushroom sauce	
(R6) Fish cassoulet	
(R48) Pollock à la provençale	
(R7) BBQ chicken thigh	
(R34) Chicken tournedo (BBQ sauce)	
(R55) Traditional turkey	
(R8) Chicken fricassee	
(R32) Spaghetti (meat sauce)	
(R14) Lasagna (meat)	
(R13P) Hamburger steak (beef)	
(R19P) Shepperd's pie (beef)	
(R9) Toulouse sausage	
(R10) Meatloaf with tomatoes	
(JA) Pineapple ham	
Diabetic dessert -\$ 1,75 each	
(D19) Carott muffin	
(D40) Apple muffin	
(R61) Beans with bacon \$ 4,50	

Vegetarian meals 6,75\$ each	
(V1) Couscous with grilled vegetables	
(V2) Vegetarian chili and rice	
(V3) Vegetarian lasagna	
(V4) Vegetable quiche	
(V6) Red lentil soup with curry and co- conut milk	
Meal- \$ 7,00 each	
(R17) Chicken pot pie	
(R20) Salomn pie	
Meal-\$7,75 each	
(R63) Beef Bourguignon	
(R19) Beef stew	
(PTAO) Chicken breast with mushrooms	
(R12) Veal stew	
(R21) Cod(fish), lemon, butter, capers	

HOW TO COMMAND:

- By phone : 450-681-4240 #236
- Order by e-mail :
services@centrescama.org
- Order by completing this order form
and send it to us.

PAYMENT METHOD:

- Direct debit payment
- Credit card visa/mastercard