

ORDER FORM

For an order of 100\$ or more, get 5% off the total amount.

Minimum order of 25\$.

NAME :

ADRESS :

TEL :

DATE:

CLIENT :

Instructions

- 1 Lift a corner of the plastic film.
Cook in the microwave for 3 to 5 minutes for soups and meals and 1 to 2 minutes for the desserts, depending on the power of your device.
 - 2 Thaw the dish before cooking for a better taste.
- Recycle all containers.

scama
Au centre de votre autonomie

FROZEN MEALS



Delivery policy

- Once delivered, SCAMA is no longer responsible for food and meals.
- Any order must be cancelled at least 2 working days before delivery, otherwise it will be charged.
- A delay of 2 to 3 days is expected for the delivery of your order.

Choice of **soups**, **main dishes** and **desserts**, prepared by our professional team and delivered to your home

DON'T FILL OUT

Date

Delivery fee

Delivery

Pick up

Popote

Total

Delivery costs to be expected :

- Chomedey District : 2,00 \$ (free if delivery is combined with the popote service)
- Out of Chomedey District : 0,59 \$ / km

A delay of 2 to 3 days is expected for the delivery of your order (option to pick up the order in person after a period of 48 hours).



(450) 681-4240 #221 ou 229
scama@centrescama.org
3168 Bd Cartier O
Laval, QC H7V 1J7

- SOUPS -

	Price	Quantity
(S5) Beef and barley soup	1,75\$	
(S8) Minestrone soup	1,75\$	
(S12) Vegetables soup	1,75\$	
(S15) Pea soup	1,75\$	
(S16) Chicken noodle broth	1,75\$	
(CR1) Cream of vegetables soup	1,75\$	
(CR4) Cream of mushroom soup	1,75\$	
(SP) Carrot & ginger soup	1,75\$	
(V5) Red lentil soup with curry and coconut milk	1,75\$	
(V8) Root vegetable soup	1,75\$	

- DISHES -

	Price	Quantity
(R60) Cheese ravioli with tomato sauce	6,75\$	
(R62) Cabbage cigars	6,75\$	
(R50) Pork meatballs with tomato sauce	6,75\$	
(R24) Meatball stew (pork)	6,75\$	
(R5) Pork with mushrooms sauce	6,75\$	
(R6) Fish cassalette	6,75\$	

- DISHES -

	Price	Quantity
(R48) Pollock « à la provencale »	6,75\$	
(R7) BBQ chicken thigh	6,75\$	
(R34) Chicken tournedos with BBQ sauce	6,75\$	
(R55) Traditional turkey	6,75\$	
(R8) Chicken « fricassée »	6,75\$	
(R32) Spaghetti with meat sauce	6,75\$	
(R14) Lasagne with meat sauce	6,75\$	
(R13P) Hamburger steak (beef)	6,75\$	
(R19P) Shepperd's pie (beef)	6,75\$	
(R9) Toulouse sausage	6,75\$	
(R10) Meatloaf with tomatoes	6,75\$	
(JA) Pineapple ham	6,75\$	
(V1) Couscous with grilled vegetables 	6,75\$	
(V2) Vegetables chili and rice 	6,75\$	
(V3) Vegetables lasagna 	6,75\$	
(V4) Vegetables quiche 	6,75\$	
(V6) Red lentil cari 	6,75\$	
(R17) Chicken pot pie	7,00\$	
(R65) Meat pot pie (New)	7,00\$	
(R63) Beef bourguignon	7,75\$	
(R12) Veal stew	7,75\$	
(R21) Cod (fish), lemon, butter and capers	7,75\$	
(R64) Moussaka (New)	7,75\$	

- DESSERTS -

	Price	Quantity
(D1) Chocolate cake	1,75\$	
(D2) Carrot cake	1,75\$	
(D5) Oatmeal cake	1,75\$	
(D6) White cake with sugar and cream	1,75\$	
(D9) Date square	1,75\$	
(D14) Sugar tart	1,75\$	
(D13) Lemon tart	1,75\$	
(D8) Upside down caramel cake	1,75\$	
(D10) Fruit muffin	1,75\$	
(D19) Carott muffin 	1,75\$	
(D40) Apple muffin 	1,75\$	
(D41) Home-made apple pie (2 portions)	2,50\$	



Low sugar content



Vegetarian meal

Ordering methods:

- By phone : (450) 681-4240 #221 ou 229
- By email : **scama@centrescama.org**

- By order form to be filled and delivered to us

Payment methods:

- By direct debit
- By credit card (Visa / MasterCard)

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