

# MIDLAND

## REFRIGERATED SERVICE TRANSIT SCHEDULES SERVICE WITHIN ONTARIO AND QUÉBEC

ACCEPTED TEMPERATURE RANGES – FRESH 32°F-36°F / FROZEN 0°F

### ONTARIO

#### PICKUP POINT

#### GREATER TORONTO AREA

#### PICKUP DAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#### DESTINATION

#### DELIVERY TIME

BARRIE, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
CAMBRIDGE/KITCHENER/WATERLOO, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
KINGSTON/BROCKVILLE/CORNWALL, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
LONDON, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OAKVILLE/BURLINGTON/HAMILTON, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OSHAWA/WHITBY/PICKERING, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OTTAWA, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
PETERBOROUGH, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
ST. CATHERINES/NIAGARA FALLS, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
SARNIA/WINDSOR, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
TORONTO (GTA), ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
MONTRÉAL, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
QUÉBEC, QC	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
DRUMMONDVILLE/ST-HYACINTHE/ VICTORIAVILLE, QC	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
GRANBY/SHERBROOKE, QC	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
CHICOUTIMI, QC	THURSDAY	FRIDAY	MONDAY	TUESDAY	WEDNESDAY
TROIS RIVIÈRES, QC	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
RIVIÈRE-DU-LOUP, QC	THURSDAY	MONDAY	MONDAY	THURSDAY	THURSDAY
RIMOUSKI, QC	THURSDAY	MONDAY	MONDAY	THURSDAY (1 WEEK)	THURSDAY
BAIE COMEAU, QC	FRIDAY	TUESDAY (1 WEEK)	TUESDAY	FRIDAY (WEEK + 1 DAY)	FRIDAY (1 WEEK)
PORT CARTIER/SEPT-ÎLES, QC	WEDNESDAY (WEEK + 2 DAYS)	WEDNESDAY (WEEK + 1 DAY)	WEDNESDAY (1 WEEK)	WEDNESDAY	WEDNESDAY (WEEK + 3 DAYS)

• There is NO FROZEN SERVICE to northwestern Ontario (Kenora, Thunder Bay, North Bay, etc.)

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## REFRIGERATED SERVICE TRANSIT SCHEDULES SERVICE WITHIN ONTARIO AND QUÉBEC

ACCEPTED TEMPERATURE RANGES — FRESH 32°F-36°F / FROZEN 0°F

### QUÉBEC

#### PICKUP POINT

#### GREATER MONTRÉAL AREA

#### PICKUP DAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

#### DESTINATION

#### DELIVERY TIME

BARRIE, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
CAMBRIDGE/KITCHENER/WATERLOO, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
KINGSTON/BROCKVILLE/CORNWALL, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
LONDON, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OAKVILLE/BURLINGTON/HAMILTON, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OSHAWA/WHITBY/PICKERING, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
OTTAWA, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
PETERBOROUGH, ON	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
ST. CATHERINES/NIAGARA FALLS, ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
SARNIA/WINDSOR, ON	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
TORONTO (GTA), ON	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
MONTRÉAL, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
QUÉBEC, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
DRUMMONDVILLE/ST-HYACINTHE/ VICTORIAVILLE, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
GRANBY/SHERBROOKE, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
CHICOUTIMI, QC	WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
TROIS RIVIÈRES, QC	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MONDAY
RIVIÈRE-DU-LOUP, QC	THURSDAY	THURSDAY	MONDAY	MONDAY	THURSDAY
RIMOUSKI, QC	THURSDAY	THURSDAY	MONDAY	MONDAY	THURSDAY
BAIE COMEAU, QC	FRIDAY	FRIDAY	TUESDAY	TUESDAY	FRIDAY
PORT CARTIER/SEPT-ÎLES, QC	WEDNESDAY (WEEK + 2 DAYS)	WEDNESDAY (WEEK + 1 DAY)	WEDNESDAY (1 WEEK)	WEDNESDAY (WEEK + 4 DAYS)	WEDNESDAY

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