



**order,  
heat  
& eat**

### WHAT WE OFFER

At Fresh & Easy, we deliver fully prepared, homestyle meals—fresh and ready to eat. Enjoy delicious, wholesome food without the hassle, delivered straight to your door.

### DELIVERY INFORMATION

**Mondays 11 am to 3 pm**  
(Order by WEDNESDAY)

**Sundays 4:00 pm to 8:00 pm**  
(Order by WEDNESDAY)

### HOW TO ORDER:

**Online: [fresheasysudbury.ca](http://fresheasysudbury.ca)**

**Call us - (705)822-8946**

**Email us:  
[fresheasysudbury@outlook.com](mailto:fresheasysudbury@outlook.com)**



*Fresh*  
**EASY**  
**SUDBURY**

**Fresh, homestyle meals—  
prepared with care and  
delivered right to your door.**

### Order As You Need

Only need a few meals here and there? You're in luck—our flexible “Order as You Need” option lets you place single orders with no commitment required. Choose from a wide range of Traditional, Low Carb, Lighter Side, and Seniors menu options to suit your needs.

### FOLLOW US ON:

 [fresheasysudbury](https://www.facebook.com/fresheasysudbury)  [@fresheasysudbury](https://www.instagram.com/fresheasysudbury)

[www.fresheasysudbury.ca](http://www.fresheasysudbury.ca)

### Preselected Meal Plan

Not sure what to choose? Let us take the guesswork out for you! We'll handpick 5 freshly prepared meals each week, delivered straight to your door for 4 weeks. Meals are rotated weekly and selected from our Seniors, Traditional, and Lighter Side menus to keep things fresh and exciting.

### Chose Your Own Meal Plans

Prefer to choose what you want to eat and when? Select meals from our current options to perfectly customize your plan. We offer flexible plans with 3, 4, or 5 meals per week.



# Locally Owned & Operated



Scan me!

## LIGHTER SIDE MENU OPTIONS

### Full Size Salad Bowls

Cobb Salad  
Dill Salad  
Burger Bowl  
Pear Pecan  
Peach Power Salad\*\*  
Pesto Chicken Salad\*\*

### Full Size Bowls

Chicken Fajita Bowl w Rice  
Chicken Fajita Bowl w Cauli Rice  
Med. Turkey Bowl w Rice\*\*  
Med. Turkey Bowl w Cauli Rice\*\*  
Sweet Potato Taco Bowl\*\*  
Grinder Deli Bowl\*\*

### Sides / Snacks

Side Caesar Salad  
Side Garden Salad  
Caesar Wrap  
Keto Snack Pack  
Protein Pack  
Small Veggie Tray

### Sides / Snack

Pasta Salad\*\*  
Broccoli Soup  
Butternut Squash Soup  
Yogurts Parfait Cup  
Apple Strudel\*\*  
Desserts (as avail)

## MEAL OPTIONS

Stew	Salisbury Steak & Mashed	Loaded Baked Potato Casserole
Chicken Pot Pie	Meatloaf Cups & Mashed	Chicken Stirfry & Rice
Cabbage Rolls	Country Chicken & Mashed	Burger Meatloaf Cups & Rice
Shepherds Pie	Pork Schnitzel & Mashed	Scalloped Potatoes & Ground Beef
Perogies & Side Sour Cream	Sausage & Rice Italian Skillet	Broccoli Stuffed Chicken & Rice
Mac & Cheese	Breaded Fish & Potatoes	Brie & Pear Stuffed Chicken
Lasagna	BBQ Chicken Thighs & Potatoes	Stuffing Stuffed Chicken & Mashed
Spaghetti & Meatball	Honey Garlic Chicken Thighs & Rice	No Bagel Chicken Casserole & Rice**
Chicken Alfredo with Broccoli	Maple Salmon & Sweet Potato	Chicken Udon Noodle Stirfry**
Chicken Parmesan & Penne	Lemon Salmon & Rice	Butternut Squash Casserole**
Beef Tortellini with Bolognese	Lemon Basa Fish & Rice	Sweet Potato, Chicken Cran Kale
Vegetarian Lasagna**	Spiced Basa Fish & Rice**	Casserole**

## LOW CARB / LOW SUGAR OPTIONS

BBQ Thighs & Side Asparagus	Stuffed Broccoli Chicken & Side Veg	Philly Stuffed Peppers
Honey Garlic Thighs & Side Broc	Brie and Pear Stuffed Chicken & Side Veg	Italian Sausage Skillet
Taco Casserole & Keto Tortillas	Cheesy Chicken Bacon Casserole	Keto Snack Pack
Lemon Salmon & Side Asparagus	Burger Meatloaf Cups & Side Veg	Dill Salad
Tuscan Broccoli Chicken Bake	No Bagel Chicken Casserole**	Burger Bowl
Turkey Egg Roll In a Bowl**	Med. Turkey Bowl w Cauli Rice**	Pesto Chicken Salad
Deconstructed Pizza**	Chicken Fajita Bowl w Cauli Rice**	Grinder Deli Bowl**