



**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 Thursday)*

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

### 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**

**Freshly Prepared Homestyle Meals  
Delivered Directly to your Door**

### Order As You Need

Only need a few meals here and there? You are in luck because we offer the "Order as you Need" option. We have a wide selection of Traditional, Low Carb, Lighter Side and Seniors menu options to choose from. We are continuously adding to our menu so if you are looking for something you don't see touch base with us to inquire!

### 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

Cobb Salad	Small Veggie Tray
Dill Salad	Protein Pack
Cranberry Blueberry Salad	Keto Snack Pack
Taco Salad	Broccoli Soup
Side Caesar Salad	Butternut Squash Soup
Chicken Caesar Wrap	Dill Pasta Salad
Dilly Chicken Wrap	Green Goddess Pasta Salad
Small Fruit Cup	Yogurts Parfait Cup
Small Dessert Tray (4pc)	Cheesecake Parfait Cup

## MEAL OPTIONS (APRIL 2025 EDITION)

Salisbury Steak & Mashed	Basa Fish & Mashed Potatoes
Meatloaf Cups & Mashed	Lemon Basa Fish & Rice
Country Chicken & Mashed	Honey Mustard Salmon & Potatoes
Pork Schnitzel & Mashed	Lemon Salmon & Rice
Chili	Breaded Fish & Potatoes
Stew	BBQ Chicken Thighs & Potatoes
Chicken Pot Pie	Honey Garlic Chicken Thighs & Rice
Cabbage Rolls	Loaded Baked Potato Casserole
Shepherds Pie	Chicken Stirfry & Rice
Perogies & Side Sour Cream	Broccoli, Chicken & Rice Casserole
Mac & Cheese	Scalloped Potatoes & Ground Beef
Lasagna,	Broccoli Stuffed Chicken & Rice
Spaghetti & Meatball	Stuffing Stuffed Chicken & Mashed
Chicken Alfredo with Broccoli	Honey Garlic Meatballs & Rice
Chicken Parmesan & Penne	No Bagel Stuffed Chicken & Rice
Beef Tortellini with Bolognese	Butter Chicken, Broccoli & Rice

## LOW CARB / LOW SUGAR OPTIONS

Honey Mustard Salmon & Side Veg	Stuffed Broccoli Chicken & Side Veg
Honey Garlic Thighs & Side Veg	BBQ Thighs & Side Asparagus
Taco Casserole & Keto Tortillas	Cheesy Chicken Bacon Casserole
Lemon Salmon & Side Asparagus	Honey Garlic Meatballs & Side Veg
Tomato, Spinach, Chicken Casserole	Dill Chicken Salad & Keto Tortillas
Salisbury Steak & Side Veg	Big Mac Casserole & Keto Tortillas
Stuffed Peppers	Southwest Ground Turkey