

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

Call us - (705)822-8946

Email us: fresheasysudbury@outlook.com

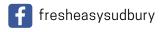


Freshly Prepared Homestyle Meals Delivered Directly to your Door

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 chose 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!

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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



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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