



**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

Call us - (705)822-8946

**Email us:
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

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 Bowls

Shrimp Springroll Bowl w Cauli**
 Shrimp Springroll Bowl w Rice**
 Sweet Potato Taco Bowl
 Strawberry Pecan Salad**
 Salmon Spring Salad **
 Cranberry Blueberry Salad**
 Chicken Breast Picnic Plate**

Full Size Bowls

Cobb Salad
 Dill Salad
 Burger Bowl
 Protein Pack
 Keto Snack Pack

Sides / Snacks

Side Caesar Salad
 Side Garden Salad
 Small Veggie Tray
 Pasta Salad **
 Potato Salad **
 Small Coleslaw **
 Caesar Wrap

Sides / Snack

Broccoli Soup
 Butternut Squash Soup
 Yogurt Parfait Cup
 Apple Strudel**
 Fruit Cup **
 Small Lemon Meringue**
 Small Key Lime **

MEAL OPTIONS

Stew
 Chicken Pot Pie
 Cabbage Rolls
 Shepherds Pie
 Perogies & Side Sour Cream
 Mac & Cheese
 Lasagna
 Spaghetti & Meatball
 Chicken Alfredo with Broccoli
 Chicken Parmesan & Penne
 Vegetarian Lasagna**
 Boursin Penne w Tomato**

Salisbury Steak & Mashed
 Country Chicken & Mashed
 Pork Schnitzel & Mashed
 Sausage & Rice Italian Skillet
 Breaded Fish & Potatoes
 BBQ Chicken Thighs & Potatoes
 Honey Garlic Chicken Thighs & Rice
 Lemon Basa Fish & Rice
 Maple Salmon & Sweet Potato
 Lemon Salmon & Rice
 Teriyaki Salmon & Rice**
 Lemon Pepper Basa & Rice**

Loaded Baked Potato Casserole
 Chicken Stirfry & Rice
 Burger Meatloaf Cups & Rice
 Scalloped Potatoes & Ground Beef
 Broccoli Stuffed Chicken & Rice
 Stuffing Stuffed Chicken & Mashed
 Bruschetta Stuffed Chicken & Rice**
 Chicken Udon Noodle Stirfry**
 Cheeseburger & Side Potato Salad**
 2pc Meatloaf Slice & Mashed**
 2pc Glazed Ham & Mashed**
 Boneless Riblet, Potato & Coleslaw**

LOW CARB / LOW SUGAR OPTIONS

BBQ Thighs & Side Asparagus
 Honey Garlic Thighs & Side Broc
 Taco Casserole & Low Carb Tortillas
 Lemon Salmon & Side Asparagus
 Stuffed Broccoli Chicken & Veg
 Cheesy Chicken Bacon Casserole
 Philly Stuffed Peppers

Sausage Skillet
 Bruschetta Stuffed Chicken & Veg**
 Chicken Philly Cheesesteak**
 Boneless Riblet w Veg & Coleslaw
 No Bagel Salmon & Asparagus**
 Chicken Fajita & Low Carb Tortillas**
 Shrimp Springroll Bowl w Cauli**

Keto Snack Pack
 Dill Salad
 Burger Bowl
 Strawberry Pecan**
 Salmon Spring Salad **
 Cranberry Blueberry Salad*
 Dill Burger & Side Coleslaw**