



**It's as easy
as order,
heat & eat!**

WHAT WE OFFER

Fresh & Easy provides fully prepared, ready to eat homestyle meals. These meals come fresh (not frozen) delivered directly to your door.

DELIVERY INFORMATION

Mondays 11 am to 3 pm
(Order by Thursday)

Wednesdays 5 pm to 9 pm
(Order by Sunday)

Sundays 5 pm to 9 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 RIGHT TO YOUR DOOR

SENIORS PLANS

Seniors Plan A

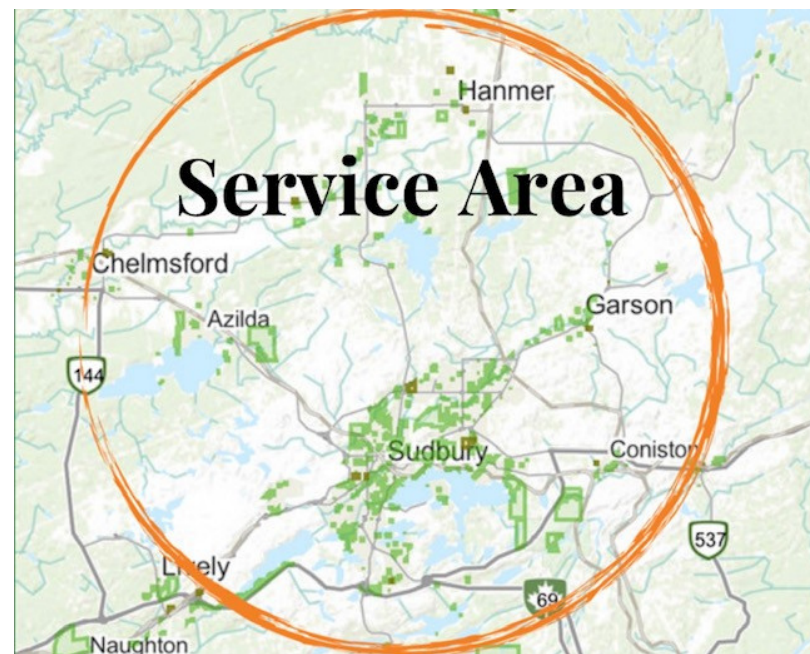
\$195 (plus tax)

5 freshly prepared meals delivered weekly for 4 weeks. Rotated weekly from our Traditional, Lighter Side and Seniors menu.

Create Your Own Plan

\$215 (plus tax)

5 freshly prepared meals delivered weekly for 4 weeks. Chose your own 20 meals from our Traditional, Lighter Side and Seniors menu.



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Fresh & Easy

Freshly Prepared Homestyle Meals

Seniors Sunshine Menu

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Salisbury Steak & Mashed Potatoes

Homemade Layered Lasagna

Shepherds Pie

Cabbage Rolls (3 fresh rolls)

Beef Stew

Homestyle Chili

Mac n Cheese

Country Chicken with Gravy

Herbed Basa with Mixed Quinoa

Stuffed Chicken (Spinach, Broccoli)

Loaded Baked Potato

Chicken Parmesan Pasta

Roasted Chicken

Basa Fish Dinner

Meatloaf Cups & Mashed Potatoes

Penne & Meat Sauce

Spaghetti & Meatballs

Alfredo with Chicken & Broccoli

Salmon Dinner

Chicken a la King

Chicken Stirfry

Cheese Tortellini

Butter Chicken

LIGHTER SIDE MENU

Buffalo Chicken Salad

Cobb Salad

Taco Salad Bowl

BLT Salad

Sushi Bowl Salad

Greek Salad

Protein Packs

Caesar Salad

Seasonal Soups

Desserts

Energy Bites

and more...

