

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)

Sundays 4:30 pm to 8:30 pm (Order by Thursday)

HOW TO ORDER:

Online: fresheasysudbury.ca

Call us - (705)822-8946

Email us: fresheasysudbury@outlook.com

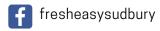


Freshly Prepared Homestyle Meals Delivered Directly to your Door

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. Keto. **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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SENIORS PLANS

Preselected Meals

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

5 meals weekly for 4 weeks - \$195

Chose Your Own Meal Plans

3, 4 or 5 freshly prepared meals delivered weekly for 4 weeks.

3 Meals weeky for 4 weeks - \$135

4 Meals weekly for 4 weeks - \$170

5 Meals weekly for 4 weeks - \$215



Locally Owned & Operated



Scan me!

MEAL OPTIONS

Salisbury Steak & Mashed Potatoes

Homemade Layered Lasagna Salmon Dinner

Shepherds Pie Stuffed Peppers

Cabbage Rolls (3 fresh rolls)

Beef Stroganoff

Beef Stew Eich Dinner & A

Chicken Pot Pie

Fish Dinner & Mashed Potatoes

Mastleef Curs & Mashed Potatoes

Chicken Pot Pie Meatloaf Cups & Mashed Potatoes

Mac n Cheese Penne & Meat Sauce

Country Chicken with Gravy Spaghetti & Meatballs

Lemon Dill Basa Fish with Rice Alfredo with Chicken & Broccoli

Broccoli Stuffed Chicken & Rice Perogy with Side Sour Cream

Loaded Baked Potato Chicken Stirfry

Chicken Parmesan & Pasta Taco Casserole with Soft Tortillas

Sausage Skillet & Rice Lemon Garlic Salmon

Breaded Fish with White Potatoe Stuffed Burger Cups

Stuffing & Gravy Chicken with Mash and more......

LIGHTER SIDE MENU

Cobb Salad Snack Pack

Burger Salad Bowl Protein Pack

Side Greek Salad Souvlaki Salad

Side Caesar Salad Dill Salad

Small Veggie Tray Chicken Wraps

Butternut Squash Soup Broccoli Soup

LOW SUGAR /LOW CARB

Cheesy Chicken Bacon Ranch

Stuffed Chicken with Double Veg

One Pan sausage Skillet

Taco Casserole with Cauliflower

Meatballs & Zucchini Noodles

Pesto Chicken & Vegetables