



**order,
heat
& eat**

DELIVERY INFORMATION

Mondays 11 am to 3 pm
(Order by Thursday)

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

WHAT WE OFFER

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

HOW TO ORDER:

Online: fresheasysudbury.ca

Call us - (705)822-8946

Email us:

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, 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!

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 weekly for 4 weeks - \$135

4 Meals weekly for 4 weeks - \$170

5 Meals weekly for 4 weeks - \$215

FOLLOW US ON:

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Locally Owned & Operated



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MEAL OPTIONS

Salisbury Steak & Mashed Potatoes

Homemade Layered Lasagna

Shepherds Pie

Cabbage Rolls (3 fresh rolls)

Beef Stew

Chicken Pot Pie

Mac n Cheese

Country Chicken with Gravy

Lemon Dill Basa Fish with Rice

Broccoli Stuffed Chicken & Rice

Loaded Baked Potato

Chicken Parmesan & Pasta

Sausage Skillet & Rice

Breaded Fish with White Potatoe

Stuffing & Gravy Chicken with Mash

Salmon Dinner

Stuffed Peppers

Beef Stroganoff

Fish Dinner & Mashed Potatoes

Meatloaf Cups & Mashed Potatoes

Penne & Meat Sauce

Spaghetti & Meatballs

Alfredo with Chicken & Broccoli

Perogy with Side Sour Cream

Chicken Stirfry

Taco Casserole with Soft Tortillas

Lemon Garlic Salmon

Stuffed Burger Cups

and more.....

LIGHTER SIDE MENU

Cobb Salad

Burger Salad Bowl

Side Greek Salad

Side Caesar Salad

Small Veggie Tray

Butternut Squash Soup

Snack Pack

Protein Pack

Souvlaki Salad

Dill Salad

Chicken Wraps

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