

## 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

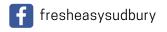


Freshly Prepared Homestyle Meals Delivered Directly to your Door

## 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!

#### **FOLLOW US ON:**





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

Small Veggie Tray

Dill Salad Caesar Wrap

Cranberry Blueberry Salad Keto Snack Pack

Small Garden Salad Broccoli Soup

Side Caesar Salad Butternut Squash Soup

Strawberry Pecan Protein Pack

Pear Pecan Yogurts Parfait Cup

Green Goddess Garden Fruit Cup

Chicken Faiita Bowl

**Cobb Salad** 

#### MEAL OPTIONS (OCTOBER 2025)

Salisbury Steak & Mashed Sausage & Rice Italian Skillet

Meatloaf Cups & Mashed Lemon Basa Fish & Rice

Country Chicken & Mashed Maple Salmon & Sweet Potato

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 Tomato Spinach Tuscan Penne

Chicken Parmesan & Penne Burger Meatloaf Cups & Rice

Beef Tortellini with Bolognese Brie Pear Stuffed Chicken

#### 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 Burger Meatloaf

Tomato, Spinach, Chicken Casserole Italian Sausage Skillet

Salisbury Steak & Side Veg Brie and Pear Stuffed Chicken

Stuffed Peppers Cabbage and Beef Stirfry