

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

F&E

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.

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.

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www.fresheasysudbury.ca

Locally Owned & Operated

Scan me!

LIGHTER SIDE MENU OPTIONS

Full Size Bowls

Harvest Sweet Potato Bowl**
Buffalo Chicken Salad Bowl**
Pear Pomegranate Salad**
Greek Salad with Chicken**
Sweet Potato Taco Bowl
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
Side Greek Salad**
Small Veggie Tray
Caesar Wrap
Butter Tarts**

Sides / Snack

Broccoli Soup
Butternut Squash Soup
Tomato, Lentil, Choizo Soup**
Italian Wedding Soup**
Yogurt Parfait Cup
Apple Strudel
Apple Crumble Pie**

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
Tomato Spinach Pasta**

Salisbury Steak & Mashed
Country Chicken & Mashed
Pork Schnitzel & Mashed
Sausage &Rice Italian Skillet
Breaded Fish & Potatoes
Lemon Basa Fish & Rice
Maple Salmon & Sweet Potato
Lemon Salmon & Rice
BBQ Chicken Thighs & Potatoes
Honey Garlic Chicken Thighs & Rice
Herbed Thigh, Brussels, Sweet Potato*
Korean Beef Bowl with Rice**

Loaded Baked Potato Casserole
Chicken Stirfry & Rice
Scalloped Potatoes & Ground Beef
2pc Meatloaf Slice & Mashed
2pc Glazed Ham & Mashed
Boneless Riblet, Potato & Coleslaw
Broccoli Stuffed Chicken & Rice
Stuffing Stuffed Chicken & Mashed
Cajun Stuffed Chicken & Rice**
Artichoke Spinach Stuffed Chicken**
Bacon Wrapped Pork Tenderloin**
Cordon Bleu Casserole & Rice**

LOW CARB / LOW SUGAR OPTIONS

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

Sausage Skillet
Chicken Philly Cheesesteak
Boneless Riblet w Veg & Coleslaw
Chicken Fajita & Low Carb Tortillas*
Stuffed Broccoli Chicken & Veg
Stuffed Cajun Chicken & Side**
Stuffed Creamy Artichoke Chicken **

Meatloaf & Side Veg **
Bacon Wrapped Pork Tenderloin*
Cordon Bleu Casserole **
Korean Beef Bowl**
buffalo Chicken Salad**
Dill Salad
Burger Bowl