



**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)

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



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 choose 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:



[fresheasysudbury](https://fresheasysudbury.ca)



[@fresheasysudbury](https://www.instagram.com/fresheasysudbury)

Preselected Meal Plan

Not sure what to choose? We take the guesswork away by choosing 5 freshly prepared meals for you to be delivered weekly for 4 weeks. We rotate the meals weekly from our Senior, Traditional & Lighter Side menus
5 meals weekly for 4 weeks - \$195/month

Choose Your Own Meal Plans

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

3 Meals weekly for 4 weeks - \$135 / month

4 Meals weekly for 4 weeks - \$170 / month

5 Meals weekly for 4 weeks - \$215 / month



Locally Owned & Operated



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MEAL OPTIONS

Salisbury Steak & Mashed Potatoes

Meatloaf Cups & Mashed Potatoes

Country Chicken & Mashed Potatoes

Pork Schnitzel & Mashed Potatoes

Chili

Stew

Chicken Pot Pie

Cabbage Rolls

Shepherds Pie

Perogies & Side Sour Cream

Mac & Cheese

Lasagna,

Spaghetti & Meatball

Chicken Alfredo with Broccoli

Chicken Parmesan & Penne Pasta

Senior Fish & Mashed Potatoes

Lemon Basa Fish & Rice

Senior Salmon & Rice

Honey Mustard Salmon & Potatoes

Lemon Salmon & Rice

Breaded Fish & Potatoes

BBQ Chicken Thighs & Potatoes

Honey Garlic Chicken Thighs & Rice

Loaded Baked Potato Casserole

Chicken Stirfry & Rice

Broccoli, Chicken & Rice Casserole

Scalloped Potatoes & Ground Beef

Mediterranean Beef Stirfry & Rice

Broccoli Stuffed Chicken & Rice

Stuffing Stuffed Chicken & Mashed

LIGHTER SIDE MENU

Cobb Salad

Side Greek salad

Broccoli Soup

Burger Salad

Side Caesar Salad

Butternut Squash Soup

Greek Salad with Chicken

Small Veggie Tray

Classic Chicken Soup

Dill Salad

Protein Pack

Italian Wedding Soup

Cranberry Blueberry Salad

Keto Snack Pack

Small Fruit Cup

Sub in a Tub Salad

Chicken Caesar Wrap

Yogurt Parfait Cup