

#### 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

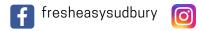


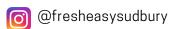
Freshly Prepared Homestyle Meals Delivered Directly to your Door

# 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!

#### FOLLOW US ON:





#### **Preselected Meal Plan**

Not sure what to chose? We take the guesswork away by chosing 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

Chose Your Own Meal Plans3, 4 or 5 freshly prepared mealsdelivered weekly for 4 weeks.

3 Meals weeky 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

Senior Fish & Mashed Potatoes

Lemon Basa Fish & Rice

Senior Salmon & Rice

Honey Mustard Salmon & Potatoes

Lemon Salmon & Rice

Breaded Fish & Potatoes

Chicken Pot Pie

BBQ Chicken Thighs & Potatoes

Cabbage Rolls

Honey Garlic Chicken Thighs & Rice

Shepherds Pie Loaded Baked Potato Casserole

Perogies & Side Sour Cream Chicken Stirfry & Rice

Mac & Cheese Broccoli, Chicken & Rice Casserole

Lasagna, Scalloped Potatoes & Ground Beef

Spaghetti & Meatball Meditteranean Beef Stirfry & Rice

Chicken Alfredo with Broccoli Broccoli Stuffed Chicken & Rice

Chicken Parmesan & Penne Pasta 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