

APRIL MENU

BREAKFAST ITEMS



Breakfast Burritos - Sausage or Bacon \$ 5.00

Start out your morning with a breakfast burrito packed with sausage or bacon, eggs, cheese, and veggies. Serves 1.

Ingredients: sausage or bacon, egg, cheddar cheese, onion, mushroom, red & green bell peppers, flour tortilla



Breakfast Burritos - Veggie - Vegetarian \$ 4.00

Start out your morning with a breakfast burrito packed with eggs, cheese, and veggies. Serves 1.

Ingredients: egg, cheddar cheese, onion, mushroom, red & green bell peppers, flour tortilla

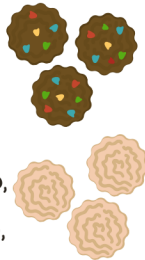
Protein Balls

\$ 4.00

Chocolate Peanut Butter, Vanilla Almond, or Salted Caramel Snickerdoodle

Packed full of protein, try out these energizing, breakfast alternatives. Comes with 3 balls.

Ingredients: (Chocolate PB) rolled oats, peanut butter, chocolate protein powder, honey/maple syrup, mini M&Ms. (Vanilla) quick oats, almond butter, almond milk, maple syrup, vanilla protein powder, almonds, white chocolate chips. (Snickerdoodle) oat flour, vanilla protein, caramel, cinnamon, cashew or peanut butter, sea salt, vanilla extract, maple syrup, butterscotch chips.



ENTREES

Roasted Veggies & Quinoa - Vegetarian \$ 6.00

Roasted veggies with mushrooms and quinoa makes this a vegetarian must-try. Serves 1.

Ingredients: zucchini, green & yellow bell peppers, portobello mushrooms, asparagus, quinoa, balsamic vinegar, garlic powder, Italian seasoning, salt, pepper



Bang Bang Chicken \$ 6.00

Sweet, savory, and slightly spicy chicken on top of rice. Serves 1.

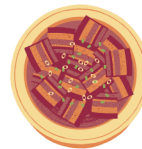
Ingredients: chicken breast, basmati rice, chicken broth, mayo, sweet chili sauce, siracha, garlic, onion powder, chili powder, salt, pepper



Mango Pork \$ 7.00

Pork tenderloin cooked in a sweet, mango sauce. Serves 1.

Ingredients: pork tenderloin, mango, soy sauce, brown sugar, corn starch, apple juice, Italian seasoning, salt, pepper



Mississippi Meatballs \$ 6.00

Savory beef meatballs served in the classic, Mississippi sauce. Serves 1.

Ingredients: ground beef, egg, parmesan cheese, Italian bread crumbs, onion, garlic, au jus, beef broth, pepperoncini, Ranch seasoning, corn starch, heavy cream



Tuscan Chicken with Orzo \$ 7.00

Chicken and orzo pasta cooked in a creamy, spinach and sun dried tomato sauce. Serves 1.

Ingredients: chicken breast, orzo pasta, spinach, sun dried tomatoes, shallots, garlic, chicken broth, heavy cream, Italian salad dressing, garlic & parmesan seasoning, lemon juice, basil



Meals by Nutrinos



To-Go Freezer Meals



Are you feeling rushed and not finding enough time at home to cook? Meals by Nutrinos is a meal ministry that offers nutritious, sizeable frozen meals. All proceeds from sold meal go toward IowaWINS community outreach. In addition, Meals by Nutrinos contributes a 10% tithe to the First Presbyterian Church of Mt. Pleasant.

Meals can be purchased by placing an order online at iowawins.net/meals-by-nutrinos, calling 319-986-5851, or by stopping into the office, Monday through Friday, 9 AM - 2 PM. Meals by Nutrinos also sells in-person on the first and third Sunday of the month from 10:45 - 11:15 AM in the Gathering Space, and on Wednesday, 9 AM - 7 PM, in the Fellowship Hall.

All meals are single serving, unless otherwise stated. If you are interested in family-size, please contact us or place a pre-order online.

Meals by Nutrinos does offer an in-town delivery of meals for a flat rate of \$5 for residents of Mt Pleasant. If you would like more information, please contact us at 319-986-5851.



Scan the QR code to go to our website and place an order.

Not seeing any meals that you like or looking for a favorite from last month's menu? Make sure to check our website or contact the office. Sometimes we have meals still in stock from the last month's menu.

You can also follow our Facebook page. Each Monday, we'll be posting what meals are still in stock. All meals can be purchased online through our website or in-person. Remember, these meals are first-come, first-served and won't be restocked unless they're on the current month's menu.

Have any questions? Contact us and we'll be happy to help!