

Meals by Nutrimos To-Go Freezer Meals

December Menu

Seasonal Specials

Turkey Pot Pie \$5

*Pre-Order Family Size

Nothing says home comfort in a pie like this turkey dish. Serves 1
Ingredients: turkey, potato, carrot, onion, celery, peas, pie crust, chicken broth, flour, butter, olive oil, heavy whipping cream, egg, parsley, garlic salt, pepper

White Chicken Chili \$5

Heat up your stomach with this white bean chicken chili.
Serves 1.

Ingredients: chicken breasts, onion, garlic, jalapeño, white beans, chicken broth, green chilies, cumin, oregano, cayenne pepper, Monterey Jack cheese.

Lentil Soup \$4

Vegetarian

A warming broth filled with lentils and mixed vegetables; this soup is perfect for fall. Serves 1.

Ingredients: lentils, canned tomatoes, garlic cloves, carrots, onion, olive oil, cumin, thyme, vegetable broth, water, lemon juice, refried beans, mixed frozen vegetables, honey, salt, pepper, red pepper flakes.

Beef Barley Soup \$5

Hearty chunks of beef, vegetables, and barley make this soup a must have. Serves 1.

Ingredients: beef, barley, onion, celery, carrot, white mushrooms, beef stock, salt, pepper, water, marjoram.



Chickpea Curry \$4

Vegan

This hearty yet light curry is perfect on top of rice. Serves 1.

Ingredients: chickpeas, red onion diced tomatoes, almond milk, maple syrup, cumin, curry powder, garlic, coriander, paprika, ginger, salt, pepper.



Chicken Corn Chowder \$5

Loaded with chicken, potatoes, and corn, this soup is sure to leave you happy. Serves 1.

Ingredients: chicken breast, corn kernels, creamed corn, russet potatoes, bacon, butter, red onion, celery, garlic, thyme, cornstarch, chicken stock, heavy cream, salt, pepper, cayenne pepper.

Looking for something else? Try our some of our favorites:

Ham Balls \$7

Meaty Lasagna \$7

Swiss Chicken \$5

Swedish Meatballs \$7

Cashew Chicken \$5

Sausage Quiche \$4



How to Order:

Order online at www.iowawins.net/meals-by-nutrimos or call 319-986-5851 Monday - Friday 9 AM - 2 PM. Pre-Orders can be made online or via phone.



Pick up orders in the office (North Doors) during regular hours (9 AM - 2 PM) or in the Fellowship Hall (South Doors) on Wednesday afternoons from 3-6 PM.

902 S Walnut St, Mt Pleasant, IA

Gift Cards Available for Purchase!

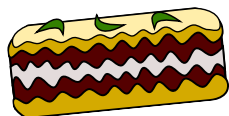
Meals by Nutrimos offers both online gift cards and in-person gift certificates. You can purchase them for yourself or gift them to a loved one or friend! Please visit our website or call 319-986-5851 to purchase.





MEALS BY NUTRIMOS

To-Go Freezer Meals



MEAL FAVORITES



***Ham Balls \$7**

***Pre-Order Family Size**

Ham Balls are the perfect entrées to remind you of the holiday season without the hassle. Comes with 1 serving of 4 ham balls.

Ingredients: ham, pork or beef, bread crumbs, egg, milk, brown sugar, dry mustard, pineapple juice

***Swiss Chicken \$5**

***Pre-Order Family Size**

Made with chicken breasts, Swiss cheese, and cream of chicken soup, this casserole dish is sure to fill you up. Serves 1.

Ingredients: chicken breasts, Swiss cheese, cream of chicken soup, stovetop stuffing (chicken flavor), butter

Cashew Chicken Stir Fry \$5

Packed full of savory flavor, try out our new cashew chicken stir fry. Serves 1.

Ingredients: chicken, ginger, red bell pepper, cashews, teriyaki sauce, vegetable oil.

Swedish Meatballs \$7

Enjoy this classic comfort dish of Swedish meatballs and noodles. Comes with 1 serving of 4 meatballs.

Ingredients: ground beef, bread crumbs, onion, egg, parsley, Worcestershire sauce, beef consommé, nutmeg, salt, pepper, milk, flour, noodles.

***Meaty Lasagna \$7**

***Pre-Order Family Size**

Filled with cheese and beef, this lasagna is a fulfilling meal. Serves 1.

Ingredients: ground beef, Hy-Vee traditional tomato pasta sauce, lasagna noodles, part-skim ricotta cheese, mozzarella cheese, parmesan cheese, egg, parsley, black pepper.

Sausage Quiche \$4

This sausage quiche is great for a morning pick-me-up. Serves 1.

Ingredients: sausage, cream, onion, mushrooms, red pepper, eggs, mayonnaise.

Deep Dish Spinach Pizza \$12

Vegetarian

***Pre-Order Only**

Nothing says classic pizza than this deep dish. Enjoy the Chicago-style pizza filled with cheese and spinach. Serves 2.

Ingredients (Spinach): spinach, dry yeast, sugar, water, vegetable oil, flour, olive oil, garlic, crushed tomatoes, oregano, basil, salt, black pepper, mozzarella cheese, parmesan cheese, Romano cheese.

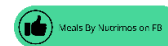
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Make sure to check out our December Seasonal Menu for this month's specials! Menus are available online, on our Facebook, or at the First Presbyterian Church Mt Pleasant.

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