



# Meals by Nutrimos

To-Go Freezer Meals



## January Menu



### Seasonal Specials

#### **Chicken Corn Chowder \$4**

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.

#### **Butternut Squash Soup \$4 Vegetarian**

Enjoy this thick, rich soup made with delicious butternut squash. Serves 1.

Ingredients: butternut squash, celery, carrots, onion, potatoes, butter, vegetable stock, nutmeg, salt, pepper.

#### **Celery Soup \$4 Vegetarian**

Heat up your stomach with this staple celery soup. Serves 1.

Ingredients: celery, onion, Mexican cheese blend, milk, vegetable bouillon granules, corn starch, water, salt, pepper



### Entrées

#### **Chicken & Noodles \$4**

What's better than the classic combination of chicken and noodles. Serves 1.

Ingredients: chicken breast, noodles, carrots, celery, onion, bay leaf, salt, pepper, thyme, water.

#### **Lasagna (Meaty or Meatless) \$7 or \$5 Vegetarian**

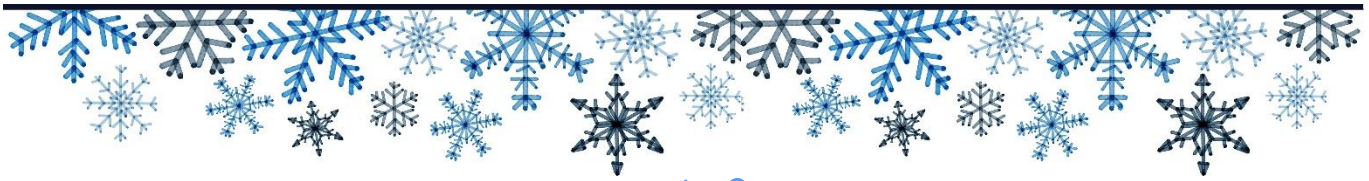
Filled with cheese and beef/mushrooms, this lasagna is a fulfilling meal. Serves 1.

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

#### **Ham Balls \$7**

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

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



# Breakfast

## **Coconut French Toast \$5**

**Vegetarian**

Start your day with some delicious Coconut French Toast. Comes with 3 slices.

Ingredients: bread, egg, coconut milk, salt, cinnamon, sugar, butter, vanilla extract.

## **Sausage Quiche \$3**

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

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

## **Breakfast Burritos (Sausage or Veggie) \$3 Vegetarian**

Try these quick breakfast burritos that come with your choice of hearty sausage or veggies, egg, and cheese. Serves 1.

Ingredients (Sausage): sausage, egg, milk, Monterey Jack cheese, butter, flour tortilla, vegetable oil; (Veggie): red bell pepper, red onion, potato, egg, milk, Monterey Jack cheese, butter, flour tortilla, salt, vegetable oil.



### **How to Order:**

Order online at [www.iowawins.net/meals-by-nutrimos](http://www.iowawins.net/meals-by-nutrimos) or call 319-986-5851

Monday - Friday 9 AM -2 PM. Cash or check only if ordering by phone.

**Meals by Nutrimos is a meal ministry that provides nutritious, delicious, sizeable entrees. The proceeds sustain the Iowa Welcomes Immigrant Neighbors (Iowa WINS) Food Pantry and contribute a 10% tithe to the ministries of the First Presbyterian Church Mt. Pleasant.**



Facebook

**FIND US ON FACEBOOK**



iowawins.net

**Meals by Nutrimos is now on Facebook, where we will be posting special deals, behind-the-scenes looks, interest surveys, and lots more! Help us spread the word about our page by going to the link below, liking our page and sharing it with your friends! <https://www.facebook.com/mealsbynutrimos/>**