



June Specials

Pizza Pasta Bake \$5 **Vegan**

Made with vegan ingredients, this pizza pasta is filled with deliciousness. Serves 1.

Ingredients: gluten-free pasta, marinara sauce, cashew cream, tomato paste, frozen vegetable mix (carrots, corn, peas, green beans, lima beans), tofu feta, vegan parmesan, oregano, thyme, salt, pepper

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.

3 Cheese Spaghetti (Meat & Vegetarian) \$7 or \$5 **Vegetarian Option**

Enjoy this classic pasta dish filled with cheesy goodness. Serves 1.

Ingredients: ground beef (meat option), spaghetti, spaghetti sauce, green bell pepper, egg, parmesan, mozzarella, ricotta cheese, parsley.

Beef Enchiladas with Corn Tortillas \$4

Filled with ground beef, beans, and vegetables, these enchiladas are sure to hit the spot. Serves 1.

Ingredients: ground beef, pinto beans, onion, green bell peppers, crushed tomatoes, corn tortillas, cumin, salt, pepper, garlic, canola oil, chili powder.

Swedish Meatballs \$4

Enjoy this classic comfort dish of Swedish meatballs and noodles. Comes with 1 serving of 5 meatballs.

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

Breakfast Items

Sausage Quiche \$4 (8-serving pan available for pre-order for \$24)

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 Option**

Try these quick breakfast burritos that come with your choice of hearty sausage, 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.

Gift Cards Available for Purchase!

Meals by Nutrinos 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.



Entrée Items

Ham Balls \$7

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

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

Ingredients: chicken breasts, Swiss cheese, cream of mushroom 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.

Sweet & Sour Pork Meatballs \$5

Savory pork meatballs covered in a sweet pineapple glaze; this dish is a must try! Comes with 1 serving of 4 meatballs.

Ingredients: ground pork, onion, water chestnuts, egg, pineapple, soy sauce, sugar, vinegar, ginger, cornstarch, vegetable oil.

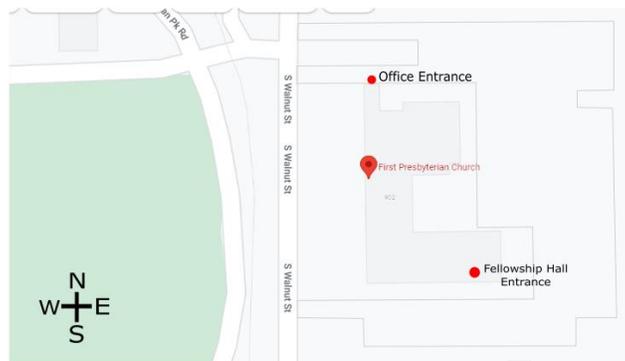


How to Order:

Order online at 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.

Pick up orders in the office during regular hours (9 AM - 2 PM) or in the Fellowship Hall (see map below) on Wednesday afternoons from 3-6 PM or 1st & 3rd Sundays after Worship.



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.

FIND US ON FACEBOOK

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/>