

MARCHE MENU

SWEET TREATS



Cranberry Coffee Cake \$ 6.00

Coffee cake with dried cranberries and cinnamon. Serves 1.

Ingredients: dried cranberries, eggnog, eggs, butter, sugar, sour cream, vanilla, flour, baking powder, baking soda, brown sugar, cinnamon, nutmeg, salt

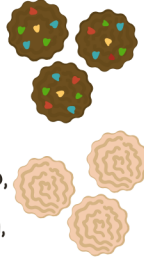
Protein Balls

\$ 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.



Chocolate Chip Energy Balls

\$ 4.00

Try out this mid-morning or afternoon pick-me-up. Comes with 3 balls.

Ingredients: rolled oats, flaxseed, rice cereal, shredded coconut, peanut butter, chocolate chips, honey, vanilla extract

Meals by Nutrimos



To-Go Freezer Meals



Are you feeling rushed and not finding enough time at home to cook? Meals by Nutrimos is a meal ministry that offers nutritious, sizeable frozen meals. All proceeds from sold meal go toward IowaWINS community outreach. In addition, Meals by Nutrimos 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-nutrimos, calling 319-986-5851, or by stopping into the office, Monday through Friday, 9 AM - 2 PM. Meals by Nutrimos also sells in-person on the first and third Sunday of the month from 10:45 - 11:15 AM in the Fellowship Hall, and on Wednesday, 9 AM - 7 PM.

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 Nutrimos 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.

ENTREES

Broccoli & Cauliflower Casserole - Vegetarian

Broccoli and cauliflower baked in a cheesy sauce. Serves 1.

Ingredients: broccoli, cauliflower, cream cheese, sour cream, sun-dried tomatoes, scallions, garlic, mozzarella, parmesan, ranch powder, cornstarch, red pepper flakes, salt, pepper

\$ 5.00



Chicken Parmesan Bake

Breaded chicken breast on top of noodles, smothered in marinara and cheese. Serves 1.

Ingredients: spiral noodles, marinara, chicken breast, salt, pepper, garlic powder, mozzarella cheese, panko bread crumbs, butter, parmesan cheese, fresh parsley

\$ 5.00



Corned Beef & Cabbage

Tender corned beef served with cabbage and hearty vegetables. Serves 1.

Ingredients: corned beef brisket, red potatoes, green cabbage, carrots, garlic

\$ 8.00



Ham & Cheese Potato Casserole

Cubed ham and diced potatoes smothered in a cheesy sauce. Serves 1.

Ingredients: ham, potatoes, cream of celery, sour cream, Velveeta, pepper

\$ 6.00



Hearty Steakhouse Soup

Beef and vegetables cooked in a savory sauce with a slight kick. Serves 1.

Ingredients: beef stew meat, potatoes, frozen vegetables, steak sauce, onion, parsley, chili powder, cumin, cayenne pepper, beef broth, red wine vinegar

\$ 5.00



Penne with Smoked Sausage

Penne pasta with smoked sausage in a creamy sauce. Serves 1.

Ingredients: penne pasta, smoked sausage, cream of celery, milk, French fried onions, mozzarella, peas

\$ 5.00



Portobello Pot Roast - Vegetarian

Vegetarian pot roast packed with mushrooms, potatoes, and carrots. Serves 1.

Ingredients: portobello mushrooms, potatoes, onions, carrots, garlic, vegetable stock, tomato paste, soy sauce, white vinegar, thyme, cornstarch, parsley, black pepper

\$ 7.00

