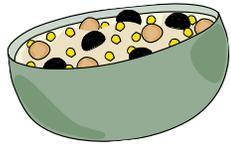


MEALS BY NUTRIMOS

To-Go Freezer Meals



March Menu Specials



Reuben Casserole \$5

*Pre-Order Family Size

Celebrate the St. Paddy season with this casserole twist on the classic Reuben. Serves 1.

Ingredients: canned corn beef, Sauerkraut, Swiss and/or American cheese, cream of chicken, noodles

Salmon Patties \$5

In time for Lent, these salmon patties will leave you full and satisfied. Comes with 2 patties.

Ingredients: canned salmon, onion, egg, saltines, Worcestershire sauce, salt, pepper, butter

Chicken Pot Pie \$5

*Pre-Order Family Size

Nothing says home comfort in a pie like this classic chicken dish. Serves 1

Ingredients: chicken, 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.

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.



Cherry Cobbler Cake \$3

This simple dessert is packed with delicious flavor. Serves 1.

Ingredients: box cake mix (flour, sugar, baking powder, salt, canola oil), butter, cherry pie filing* (fruit filling may be changed when restocking)

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

Ham Balls \$7

Breakfast Casserole \$4

Swiss Chicken \$5

Swedish Meatballs \$7

Cashew Chicken \$5

Deep Dish Spinach Pizza \$12



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.



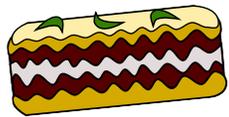
Pick up orders in the office (North Doors) during regular hours (9 AM - 2 PM) or in the Fellowship Hall (South Doors) on Wednesday afternoons from 3-6 PM.

902 S Walnut St, Mt Pleasant, IA

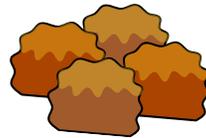
Gift Cards Available for Purchase!

Meals by 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.





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.

Breakfast Casserole \$4

Start your day with a yummy breakfast casserole. Serves 1. Ingredients: pork sausage, crescent rolls, eggs, milk, parmesan cheese, Mexican blend cheese (Monterey Jack, Cheddar, Asadero, Quesadilla), salt, pepper

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.

Make sure to check out our March 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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