



# Meals by Nutrimos

## To-Go Freezer Meals



## Specials

### **\*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.

### **\*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 6 meatballs.

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

### **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 4 meatballs.

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



## 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 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.



# Entrée Items



## 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

## 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

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

**Vegetarian Option**

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

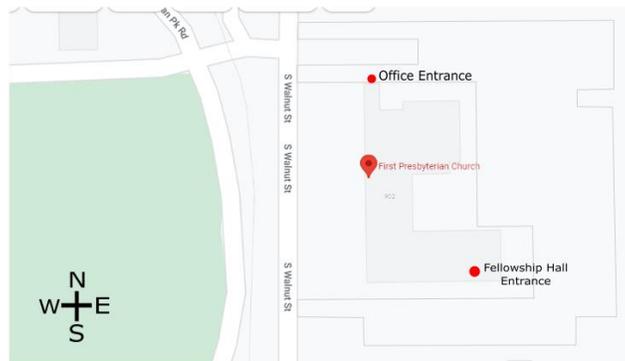
Ingredients: ground beef (meat option), spaghetti, spaghetti sauce, green bell pepper, egg, parmesan, mozzarella, ricotta cheese, parsley.



### 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.

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 1<sup>st</sup> & 3<sup>rd</sup> 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/>