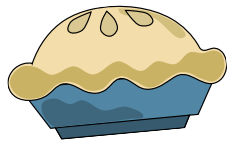


Meals by Nutrimos

To-Go Freezer Meals



May Menu Specials



Baked Oatmeal \$5

Try out our new breakfast baked oatmeal packed full of apples, walnuts, and raisins. Serves 1.

Ingredients: rolled oats, brown sugar, walnuts, raisins, eggs, milk, butter, apples, vanilla extract, baking powder, cinnamon, salt

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

Tamale Pie \$5

*Pre-Order Family Size

Full of hearty ground beef, tomatoes, and cornmeal, try out this new dish. Serves 1.

Ingredients: ground beef, cornmeal, canned tomatoes, onion, garlic, black olives, cheddar cheese, oregano, chili powder, salt, pepper, cooking oil

Chicken Asparagus Pasta \$5

*Pre-Order Family Size

This fresh pasta dish is light and fulfilling. Serves 1.

Ingredients: asparagus, chicken breast, fettucine, garlic, Parmesan, canola oil, lemon zest, lemon juice, butter, salt, pepper

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.



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

Chickpea Curry \$4

Cashew Chicken \$5

Swiss Chicken \$5

Swedish Meatballs \$7

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 the first and third Sundays after Worship (10:45-11:15 AM). Currently, we are not offering Wednesday afternoon hot meals or pick up. If you have any questions, please contact our church office.

902 S Walnut St, Mt Pleasant, IA

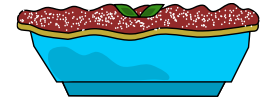
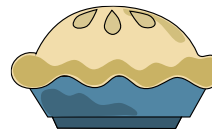
Follow our Facebook page to stay up to date on our monthly menus, special deals, new meals being offered, and all things Meals by Nutrimos!





MEALS BY NUTRIMOS

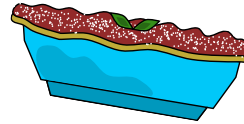
To-Go Freezer Meals



Make sure to check out our Seasonal Menu for this month's specials! Menus are available online, on our Facebook, or at the First Presbyterian Church Mt Pleasant.



MEAL FAVORITES



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.

*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 favorite 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.

Deep Dish Spinach Pizza \$12

Vegetarian

***Pre-Order Only**

Nothing says classic pizza better 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.

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