

Meals by Nutrimos

To-Go Freezer Meals



Seasonal Specials



Beef Stew \$5

Made with chuck roast, potatoes, and carrots, this stew is a staple for colder weather. Serves 1.
Ingredients: chuck roast, onion, potatoes, carrots, vegetable oil, water, salt, pepper, celery, flour, browning sauce, seasoned salt

Lentil Soup \$3 **Vegetarian**

A warming broth filled with lentils and mixed vegetables; this soup is perfect for fall. Serves 1.
Ingredients: lentils, canned tomatoes, garlic cloves, carrots, onion, olive oil, cumin, thyme, vegetable broth, water, lemon juice, refried beans, mixed frozen vegetables, honey, salt, pepper, red pepper flakes.

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, all-purpose flour, chicken stock, heavy cream, salt, pepper, cayenne pepper.

Chicken Chili Soup \$5

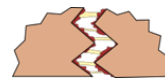
Heat up your stomach with this white bean chicken chili. Serves 1.
Ingredients: chicken breasts, onion, garlic, jalapeño, white beans, canola oil, crushed tomatoes, red onion, cilantro, cumin, coriander, lime, corn kernels, black pepper, nonfat yogurt.

Beef Barley Soup \$5

Hearty chunks of beef, vegetables, and barley make this soup a must have. Serves 1.
Ingredients: beef, barley, onion, celery, carrot, white mushrooms, beef stock, salt, pepper, water, marjoram.

*All soups have the option of adding a Cheddar Cheese Roll and Madeleine Cookie for an extra \$1.
(Ingredients: Cheddar Cheese Roll: Cheddar cheese, all-purpose flour, sugar, quick-rise yeast, salt, water, butter, honey, garlic salt ; Madeleine Cookie: all-purpose flour, sugar, eggs, vanilla extract, lemon peel, salt, butter, powdered sugar)

Pizza



Pizza Pocket \$4 **Vegetarian**

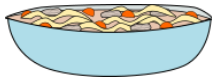
These on-the-go pizza pockets are the perfect afterschool snack. Get veggie, pepperoni, or cheese. Serves 1.

Ingredients: (veggie) mushrooms, onion, green pepper, plum tomatoes, pizza sauce, canola oil, mozzarella cheese, parmesan cheese, Monterey jack cheese, active dry yeast, sugar, water, vegetable oil, flour; (pepperoni) pepperoni, pizza sauce, mozzarella cheese, parmesan cheese, Romano cheese, active dry yeast, sugar, water, vegetable oil, flour; (cheese) pizza sauce, mozzarella cheese, parmesan cheese, Romano cheese, active dry yeast, sugar, water, vegetable oil, flour;



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Entrées



Chicken & Noodles \$4

What's better than the classic combination of chicken and noodles. Serves 1.

Ingredients: chicken breast, noodles, carrots, celery, onion, bay leaf, salt, pepper, thyme, water.

Italian Chicken \$6

Made with garlic, tomatoes, and artichoke hearts, try this Italian-style chicken. Serves 1.

Ingredients: chicken, tomatoes, artichoke hearts, Italian seasoning, garlic, mozzarella cheese.

Lasagna (Meaty or Meatless) \$7 **Vegetarian**

Filled with cheese and beef/mushrooms, this lasagna is a fulfilling meal. Serves 1.

Ingredients: ground beef or mushrooms, Hy-Vee traditional tomato pasta sauce, lasagna noodles, part-skim ricotta cheese, mozzarella cheese, parmesan cheese, egg, parsley, black pepper.

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



Breakfast



Coconut French Toast \$5

Vegetarian

Start your day with some delicious Coconut French Toast. Comes with 3 slices.

Ingredients: bread, egg, coconut milk, salt, cinnamon, sugar, butter, vanilla extract.

Sausage Quiche \$3

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**

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

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.

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.



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