

November Menu



Meals by Nutrimos

TO-GO FREEZER MEALS



Turkey Tetrazzini

\$ 6

Try out this new turkey pasta dish. Serves 1.

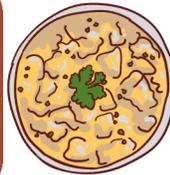
Ingredients: Angel hair pasta, olive oil, butter, onion, mushrooms, garlic, turkey breast, cream of mushroom soup, sour cream, chicken broth, peas, mozzarella, parmesan

Swiss Chicken

\$ 5

Made with chicken, Swiss cheese, and cream of mushroom soup, this casserole is sure to fill you up. Serves 1.

Ingredients: Chicken, Swiss cheese, cream of chicken soup, chicken flavored stuffing, butter



Veggie Pot Pie Bake

\$ 6

This comfort meal is a vegetarian twist on the pot pie classic. Serves 1.

Ingredients: Biscuits, cream of celery soup, green beans, carrots, peas, corn, garlic powder, onion powder, butter, salt, pepper, cheddar

Chili

\$ 6

Enjoy this hearty chili filled with beef, beans, and tomatoes. Serves 1.

Ingredients: Olive oil, onion, garlic, tomato soup, tomato paste, crushed tomatoes, ground beef, chili beans, chili powder, oregano, cumin, paprika, salt, pepper



Baked Oatmeal

\$ 6

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



Sausage Hash brown Casserole

\$ 6

Start off your day with this hearty breakfast casserole full of sausage, eggs, and hashbrowns. Serves 1.

Ingredients: Breakfast sausage, hash browns, eggs, cheddar, milk, salt, pepper, garlic powder, onion powder



Chocolate Peanut Butter Protein Balls

\$ 5

Packed full of protein, try out these energizing, breakfast alternatives. Comes with 3 balls.

Ingredients: Old-fashioned oats, chocolate protein powder, mini M&M's, peanut butter, honey, water

Made-to-Order Cakes

Looking for some made to order cakes? We offer pre-order cakes made from scratch by our fantastic Ukrainian Baker, Nastasiia. Special Pre-orders can be placed with the office or using the online form on the website.



How to Order

Are you feeling rushed and not finding enough time at home to cook? Not a fan of spending more than 20 minutes making just one meal?

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 second and fourth Sunday of the month from 10:45 - 11:15 AM in the Gathering Space.

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.

Not seeing any meals that you like or looking for a favorite from last month's menu? Make sure to check our website/Facebook page or contact the office. Sometimes we have meals still in stock from the last month's menu.

Have any questions? Contact us and we'll be happy to help!



Scan the QR code to go to our website and place an order.

902 S Walnut St.,
Mt Pleasant, IA 52641
iowawins.net/meals-by-nutrimos
319-986-5851