

MEALS BY NUTRIMOS

To-Go Freezer Meals



OCTOBER MENU



SEASON SPECIALS



Beef Stew \$5

Warm up during the fall season with this hearty beef stew. Made with chuck roast, potatoes, and carrots, this stew is a staple for the colder weather. Serves 1.

Ingredients: chuck roast, onion, potatoes, carrots, vegetable oil, water, salt, pepper, celery, flour, browning sauce, seasoned salt

Chicken & Noodles \$4

What's better than the classic combination of chicken and noodles. This dish is sure to leave your tummy satisfied. Serves 1.

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



ENTRÉES

Italian Chicken \$6

Enjoy this Italian-style chicken. Made with garlic, tomatoes, and artichoke hearts, this meal is yummy and fulfilling. Serves 1.

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

Herbed Pork Chops \$7

Seasoned and baked full of flavor, these pork chops are a tasty dinner meal. Comes with 2 chops.

Ingredients: pork loin chops, garlic seasoning blend, basil, oregano, parsley, rosemary, salt, garlic clove, lemon juice

Lasagna with Meat \$5

Nothing beats a fulfilling, hearty lasagna for dinner. Made with ground beef and a variety of cheese, this lasagna is a great meal. Serves 1.

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

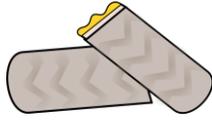
Ham Balls \$7

Want a holiday classic but don't want to cook a whole ham? These Ham Balls are the perfect entrées to remind you of the holiday season without the hassle. Comes with 4 ham balls.

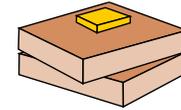
Ingredients: ham, pork or beef, bread crumbs, egg, milk, brown sugar, dry mustard, pineapple juice

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BREAKFAST



Coconut French Toast \$5

Vegetarian

Start your day with some delicious Coconut French Toast. Perfect for breakfast, brunch, or breakfast for dinner. Comes with 3 slices per serving.

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

Sausage Quiche \$3

If you are a breakfast or brunch person then you'll want this easy cheesy Sausage Quiche on your menu. Serves 1.

Ingredients: sausage, cream, onion, mushrooms, red pepper, eggs, mayonnaise.

Breakfast Burritos (Sausage or Veggie) \$3 **Vegetarian**

Looking for a morning pick-me-up or a grab-and-go breakfast? Try out these new 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.

Ingredients (Veggie): red bell pepper, red onion, potato, egg, milk, Monterey Jack cheese, butter, flour tortilla, salt, vegetable oil.

PIZZA



Deep Dish Pizza (Pepperoni or Spinach) \$12 **Vegetarian**

Nothing says classic pizza than this deep dish. Enjoy the Chicago-style pizza filled with cheese and your choice of pepperoni or spinach. Serves 2.

Ingredients (Pepperoni): pepperoni, water, bread flour, dry yeast, olive oil, kosher salt, cooking spray, mozzarella cheese, pizza sauce, parmesan cheese.

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.

Veggie Calzone \$6

Vegetarian

Are you a fan of pizza with a twist? This folded pizza is packed full of savory vegetables and cheese. Serves 1.

Ingredients: mushrooms, onion, green pepper, canola oil, tomatoes, tomato paste, Monterey Jack cheese, mozzarella cheese, Parmesan cheese, bread dough (yeast, flour, water), water, egg.

How to Order:

Order online at www.iowawins.net/meals-by-nutrinos or call 319-986-5851
Monday - Friday 9 AM - 2 PM. Cash or check only if ordering by phone.

Meals by Nutrinos 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.