

September Menu



Meal Favorites

Ham Balls \$7

Ham Balls are the perfect entrées to remind you of the holiday season without the hassle. Comes with 1 serving of 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 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 new cashew chicken stir fry. Serves 1.

Ingredients: chicken, ginger, red bell pepper, cashews, teriyaki sauce, vegetable oil.

Sweet & Sour Pork Meatballs \$6

Savory pork meatballs covered in a sweet pineapple glaze; this dish is a must try!

Comes with 1 serving of 4 meatballs.

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

Deep Dish Spinach Pizza \$12 Vegetarian (pre-order)

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 (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.



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 or veggies. 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

Zucchini Lasagna \$5

Vegetarian

Thinly sliced zucchini layered with lasagna noodles and a creamy cheese sauce, this dish is a must try. Serves 1.

Ingredients: zucchini, cream cheese, ricotta, lasagna noodles, mozzarella cheese, garlic, olive oil, salt, pepper, oregano

Mediterranean Chicken Stir Fry \$5

This Greek-inspired dish is packed full of zucchini, tomatoes, chicken, and olives. Serves 1.

Ingredients: chicken, barley, onion, zucchini, Greek olives, garlic, tomatoes, olive oil, parsley, salt, pepper, red pepper flakes, oregano, basil

Pizza Pasta Bake \$5

Vegan

Made with vegan ingredients, this pizza pasta is filled with deliciousness. Serves 1.

Ingredients: gluten-free pasta, marinara sauce, cashew cream, tomato paste, frozen vegetable mix (carrots, corn, peas, green beans, lima beans), tofu feta, vegan parmesan, oregano, thyme, 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 \$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.

Meaty Lasagna \$7

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

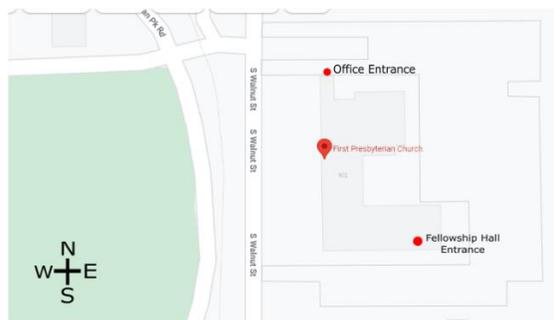
Ingredients: ground beef, Hy-Vee traditional tomato pasta sauce, lasagna noodles, part-skim ricotta cheese, mozzarella cheese, parmesan cheese, egg, parsley, black pepper.

How to Order:

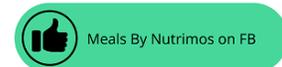
Order online at www.iowawins.net/meals-by-nutrimos or call 319-986-5851

Monday - Friday 9 AM - 2 PM. Cash or check only if ordering by phone.

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 1st & 3rd Sundays 10:45 - 11:15 AM.



902 S Walnut St, Mt Pleasant, IA



Find us on Facebook

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.

