



NEED A PERSONAL CHEF?

With our NEW **Simple Fix To-Go** program you can do more with your time while feeding your family healthy, balanced and delicious meals. We do all the work for you. We shop. We cook. We clean. You simply pick up a week's worth of recipes to take and bake or freeze.

Register online at the Hy-Vee events calendar:
<https://www.hy-vee.com/stores/calendar/calendar.aspx?m=4&y=2019&s=5>

- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up time April 17th, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan Brandmeyer with payment information.
- ❖ Contact Meggan with questions:
1013clubmgr@hy-vee.com

What is on the menu for Wednesday, April 17th?

- ❖ Sesame Chicken
- ❖ Sweet and Sour Meatballs
- ❖ Zesty Roasted Chicken Kabobs
- ❖ Garlic and Herb Salmon
- ❖ Pork and Pepperoni Pizza Burgers
- ❖ Beef and Broccoli
- ❖ Glazed Herb Chicken

ARE YOU *EXHAUSTED*
& *OVERWHELMED*?
WONDERING **WHAT'S**
FOR DINNER?

Let Hy-Vee help:



Contact Meggan at the

West Ames Hy-Vee to
learn more or view our
Simple Fix menus online
at our store calendar
located at

www.hy-vee.com

Ames #1

3800 Lincoln Way

515-292-5543

