



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 May 9th, 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 Thursday, May 9th?

- ❖ Chipotle-Honey Chicken Tenders
- ❖ Cool Ranch Chicken Tacos
- ❖ Grilled Chicken Dijon
- ❖ Broiled Parmesan Tilapia
- ❖ Asian Beef & Vegetable Noodle Bowl
- ❖ South Sea Island Pork Kabobs
- ❖ Apple Cinnamon Baked Oatmeal

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

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