



NEED A PERSONAL CHEF?

With our **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: <https://www.hy-vee.com/stores/calendar/calendar.aspx?m=12&y=2018&s=5&all=1>
- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up time September 9th, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan Brandmeyer with payment information.
- ❖ Email Meggan with questions or concerns 1013clubmgr@hy-vee.com

What is on the menu for Friday, September 9th?

- ❖ Chicken Cacciatore
- ❖ Crockpot Chicken Tortilla Soup
- ❖ Italian Stir-Fry with Turkey Sausage
- ❖ Blackened Cod on Orange-Scented Rice
- ❖ Asian Beef & Vegetable Noodle Bowl
- ❖ Zesty Marinated Pork Chops
- ❖ Apple Cinnamon Baked Oatmeal

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

Let Hy-Vee help:



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