



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=2&y=2019&s=5&all=1>

- ❖ Seven recipes for \$125 (flat rate).
- ❖ Pick up times February 22nd, after 4 pm
- ❖ Payment is taken over the phone and pre-paid before pick up, Call Meggan with payment information.
- ❖ Contact Meggan with questions:
1013clubmgr@hy-vee.com

What is on the menu for Friday, February 22nd?

- ❖ Chicken Noodle Soup
- ❖ Citrus Glazed Chicken Thighs
- ❖ Crockpot Hawaiian Chicken
- ❖ Mexican Pot Roast Tacos
- ❖ Tender and Tangy Ribs
- ❖ Macaroni & Cheese
- ❖ Skillet Lasagna

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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