



## September 2017 Healthy Plates

Welcome to September Healthy Plates!

Working late, too hot to cook, or too tired to cook...we are here for you because you want a healthy meal option. We hope you enjoy Healthy Plates.

For anyone who enjoys food and cooking, end of summer offers the finest ingredients—fresh local produce from the garden, farmers' market, and grocery—to make any dish wonderful. The key is to keep things simple and let the quality of seasonal ingredients shine through. As you know we grow many of our own produce and what we cannot grow we find from many of our local farms and markets.

P.S.G.'s Healthy Plates Program offers 4 complete meals for \$12.00 each with all meals less than 500 calories.

We've taken the guess work out of delicious dining and present it to you, in convenient, ready to heat and eat meals.

Freshly prepared weekly menus made from all natural ingredients with no preservatives, many from our garden! 100% trans-fat free.

Always fresh, never frozen. It's like having your own personal chef and dietician at a fraction of the cost.

**Order weekly by Monday or to make it even easier, order once for the entire month, set a reminder to pick up on Wednesday or order until further notice!!**

CONTACT: LORI HEMPHILL CATERING DIRECTOR FOR YOUR WEEKLY ORDER  
717-394-3882 or email [lorihemphillplum@gmail.com](mailto:lorihemphillplum@gmail.com) or drop off your sheets

Bon Appetit!!

1831 Oregon Pike  
Lancaster, Pa 17601  
717-394-3882, [www.plumstreetgourmet.com](http://www.plumstreetgourmet.com)  
Visit us on Facebook, become a fan!

September Healthy Plate Dinner Menus

Week 1 Sept 6

Order by **EARLY TUES SEPT 5th CLOSED MON LABOR DAY**

Pick up Wednesday Sept 6 between 3-7pm

These menu selections between 380 – 500 calories

DRY RUBBED FLANK STEAK WITH SWEET CORN CHUTNEY, ROASTED POTATOES AND SAUTEED SPINACH

CHICKEN AND BROCCOLI ALFREDO, CHERRY TOMATOES WITH LINGUINI

HERBED CHICKEN THIGH WITH PEPPERONCINI AND BELL PEPPERS MARINARA OVER POLENTA

WHITE FISH IN TARRAGON LEMON CREAM SAUCE, JASMINE RICE AND PEAS

\*Name \_\_\_\_\_

Address \_\_\_\_\_

\*Phone Number \_\_\_\_\_

\*E-mail Address \_\_\_\_\_

NUMBER OF MEALS NEEDED

1 of each = \$48.00 + Tax

2 of each= \$96.00 + Tax

3 of each= \$144.00 + Tax

4 of each = \$192.00 + Tax

\_\_\_\_\_ Please sign me up for each week of Sept

\_\_\_\_\_ Please sing me up until further notice. I will call by Noon on Monday if I need to cancel or change my order.

Reminder: Please order before Monday at noon and pick up on Wednesday between 3-7pm



September Healthy Plate Dinner Menus

Week 2 Sept 13th

Order before noon Mon Sept 11th      Pick up Wednesday Sept 13th between 3-7pm

These menu selections between 350 – 510 calories

ZUCCHINI BOATS STUFFED WITH GROUND BEEF, STEWED TOMATOES/EGGPLANT  
OVER SEASONED ORZO PASTA

ASIAN INSPIRED SLICED CHICKEN BREAST WITH BELL PEPPERS, RED CABBAGE,  
CRIMINI MUSHROOMS AND EDAMAME OVER RICE

LEMON ROSEMARY CHICKEN THIGH, ROASTED CAULIFLOWER AND QUINOA

CHEESE PEROGIES WITH SAUTEED PEPPERS, SWEET CORN, CHERRY TOMATOES,  
SHALLOTS WITH SPICY SAUSAGE

\*Name \_\_\_\_\_  
Address \_\_\_\_\_  
\*Phone Number \_\_\_\_\_  
\*E-mail Address \_\_\_\_\_

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September Healthy Plate Dinner Menus

Week 3 Sept 20th

Order before noon Monday Sept 18th      Pick up Wednesday Sept 20th between 3-7pm

These menu selections between 400 – 535 calories

TRADITIONAL STYLE CHICKEN AND VEGETABLE POT PIE FEATURING CORN, CARROTS, PEAS AND NOODLES/ SIDE SALAD

PULLED CHIPOTLE BOURBON PORK , POWER SLAW AND MAC AND CHEESE

PENNE PASTA WITH SEASONED SLICED CHICKEN BREAST, ROASTED BROCCOLI, SUMMER SQUASH TOSSED WITH WHITE BEANS AND ARUGULA

ZUCCHINI AND CORN FRITTERS, STEWED TOMATOES AND PASTA SALAD WITH PEAS

\*Name \_\_\_\_\_

Address \_\_\_\_\_

\*Phone Number \_\_\_\_\_

\*E-mail Address \_\_\_\_\_

NUMBER OF MEALS NEEDED

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September Healthy Plate Dinner Menus

Week 4 Sept 27th

Order before noon Monday Sept 25th    Pick up Wednesday Sept 27th between 3-7pm

These menu selections between 370 – 500 calories

PORTOBELLA FAJITAS WITH CARAMELIZED ONIONS, SAUTEED SPINACH, BELL PEPPERS OVER RICE

GRILLED CHICKEN BREAST WITH LEMON ZESTED ROASTED POTATO SALAD AND CHEF'S VEGGIE

BLACKENED WHITE FISH WITH HUSH PUPPIES AND SIDE SALAD

ROASTED FLANK STEAK WITH BROCCOLI GRATIN AND SMASHED POTATOES

All measurements may vary by a point or two.

\*Name \_\_\_\_\_

Address \_\_\_\_\_

\*Phone Number \_\_\_\_\_

\*E-mail Address \_\_\_\_\_

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