

PLUM STREET GOURMET

November 2017 Healthy Plates

Too busy to cook...get home late? But want to eat healthy and not the usual take-out again? Let us help you free up your time, by preparing healthy, fresh foods for you, all ready to go, just heat and serve! Homemade and delicious!

- ❖ Sample the goodness of fall!!! Check out the menus on the next pages. Just reheat for 1-2 min & serve healthy and tasty meals!



How Healthy Plates Works

P.S.G.'s Healthy Plates Program offers 4 complete meals for \$12.00 each with all meals around 500 calories ready to heat and eat meals and portion controlled.

Say goodbye to dieting and say hello to delicious. Freshly prepared weekly menus made from all-natural ingredients with no preservatives or additives. 100% trans-fat free. Always fresh, never frozen.

Order weekly or for the entire month! Fill out the sheets or email or call with your order on Monday each week, set a reminder to pick up on Wednesday and away you go, carefree healthy dining.

Reminder:

**Please order Monday by noon and pick up on Wednesday 3 pm - 7pm
Email, call or drop off your sheets!!**

NO HEALTHY PLATES AVAILABLE WED NOV 22nd HAPPY THANKSGIVING!

Did you also know besides our wonderful Healthy food we also do Corporate and Social Catering is also available? Next time you are in ask for our Catering menus or we can email one!

Need Anything for the holidays? Check out our Thanksgiving a la carte menu.

Call Lori Hemphill Catering Director 717-394-3882 or email: lorihemphillplum@gmail.com



1831 Oregon Pike
Lancaster, Pa 17601
717-394-3882, www.plumstreetgourmet.com
Visit us on Facebook, become a fan!

November Healthy Plate Dinner Menus

Week 1 Nov 1

Order before noon Monday Oct 30th

Pick up Wednesday Nov 1 between 3-7pm

These meals are between 390- 500 calories.

ITALIAN SAUSAGE WITH BITTER GREENS, ROASTED CAULIFLOWER, QUINOA OVER MASHED SWEET POTATOES

BAKED WHITE FISH IN ORANGE BOURBON REDUCTION WITH SEASONED BULGAR AND FRESH BROCCOLI

CILANTO ROASTED PORK LOIN WITH FIESTA BEAN SALAD, LIME ZESTED RICE

CITRUS SEARED CHICKEN BREAST WITH TABOULEH SALAD AND HARICOTS VERTS

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

NUMBER OF MEALS NEEDED \$12.00 each any amounts any meals

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 Nov

_____ 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 by noon and pick up on Wednesday between 3-7pm

November Healthy Plate Dinner Menus

Week 2 Nov 8th

Order before noon Nov 6th

Pick up Wednesday Nov 8th between 3-7pm

These meals are between 370- 510 calories.

GROUND TURKEY STUFFED PEPPERS WITH ARUGULA, POMEGRANATE SEEDS, PEPITAS & RICE. ROASTED ZUCCHINI AND YELLOW SQUASH

BAKED BUCATINI WITH SEASONED CHICKEN BREAST, SPINACH IN RED SAUCE WITH A SIDE GARDEN SALAD

LEMON ROSEMARY BAKED CHICKEN THIGHS WITH ROASTED ROOT VEGETABLES

GRILLED FLANK STEAK WITH BAKED POTATO AND SNAP PEAS

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

NUMBER OF MEALS NEEDED \$12.00 each any amounts any meals

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

4 of each = \$192.00 + Tax

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November Healthy Plate Dinner Menus

Week 3 Nov 15th

Order before noon Monday Nov 13th

Pick up Wednesday Nov 15 between 3-7pm

These meals are between 390- 520 calories.

PANCETTA, HONEY CARAMELIZED PEAR OVER SAUTEED ARUGULA & WHITE BEANS,
BAKED POLENTA TOPPED WITH CRUMBLLED CHEVRE

GREEK SEASONED CHICKEN THIGH, TZATZIKI LEMON ROASTED POTATOES, TOMATO
CUCUMBER SALAD

SWEET AND SOUR LIME FLANK STEAK, PEAS & CARROTS, RICE NOODLES

BAKED WHITE FISH WITH MIXED BEAN SALAD, POLENTA WILTED SPINACH

Nutritional info may vary by a point or two.

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

NUMBER OF MEALS NEEDED \$12.00 each any amounts any meals

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2 of each= \$96.00 + Tax

3 of each= \$144.00 + Tax

4 of each = \$192.00 + Tax

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change my order.

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

NO WEEK FOUR HP!!!! HAPPY THANKSGIVING!

See our Thanksgiving Menu oor online!!! www.plumstreetgourmet.com

November Healthy Plates Dinner Menu

Week 5 Nov 29th

Order by noon Monday Nov 27th

Pick up Wednesday Nov 29th between 3pm-7:00pm

These meals are between 390- 500 calories.

SHRIMP SHUMAI IN GINGER CHILI SAUCE, SHAVED CABBAGE, EDAMAME, PEAS & RICE

GRILLED BBQ CHICKEN, BAKED POTATO AND HARICOT VERTS

HERBED FLANK STEAK, ROASTED BUTTERNUT SQUASH, CORN & TOMATO. SIDE SALAD

BOURBON MAPLE BAKED CHICKEN THIGHS, ROASTED ROOT VEGETABLES OVER
PUREED CELERY ROOT

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED \$12.00 each any amounts any meals

1of each = \$48.00 + Tax

2 of each= \$96.00 + Tax

3 of each= \$144.00 + Tax

Or any amount of meals or choices.....

____ Please sign me up for each week of Nov

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

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