



## Healthy Plates ~January 2018

HAPPY NEW YEAR! Welcome to January's Healthy Plates menus...

Welcome 2018 and time to think about eating healthy again after all the holiday goodies!!! 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!

Check out the menus on the next pages. Just reheat for 1-2 min & serve! How it works:

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

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 3-7 pm and away you go, carefree healthy dining.

Reminder:

Please order Monday by 10am -noon and pick up on Wednesday 3 pm - 7pm

Email, call or drop off your sheets!!

Did you also know besides our wonderful Healthy food we also do Corporate, Social and Wedding Catering from BBQ to Black Tie! Next time you are in ask for our Catering menus or we can email one!

Call Lori Hemphill Catering Director 717-394-3882 or email: [lorihemphillplum@gmail.com](mailto:lorihemphillplum@gmail.com)

Happy New year!!!

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

**Week 1-**

**Pick up Wednesday January 3RD between 3-7pm**

**This week all menus between 360-500 calories**

**Steak Diane with Mashed Cauliflower**

**Balsamic Glazed Chicken Breasts w /Broccoli, Carrots & Almonds**

**Ground Turkey Stuffed Bell Peppers and Small Green Salad w Vinaigrette**

**Chicken Enchiladas with Sour Cream and Scallions / Fiesta Salad**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**NUMBER OF MEALS NEEDED**

**1 meal 12.00 each**

**4 MEALS= \$48.00 + Tax**

**8 MEALS= \$96.00 + Tax**

**12 MEALS= \$144.00 + Tax**

**You may order any amount of meals and any kinds.**



**January Week 2**

**Order by NOON Monday, January 8<sup>th</sup>**  
**Pick up Wednesday January 10<sup>th</sup> between 3-7pm**

**Calories this week between 350 – 490**

**Pecan Crusted Tilapia w/ Chive Green Beans/ Rice**

**Steak Salad w/ Grilled Onion, Carrot, & Tomatoes/Greens**

**Chicken Cacciatore w/ Brown Rice**

**Meat Loaf with Cheesy Cauliflower Gratin**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**NUMBER OF MEALS NEEDED**

**1 MEAL = \$12.00**

**4 MEALS= \$48.00 + Tax**

**8 MEALS= \$96.00 + Tax**

**12 MEALS= \$144.00 + Tax**

**You may order any amount of meals and any kinds.**

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**January Week 3**

**Order by NOON Monday January 15th**

**Pick up Wednesday January 17th between 3-7pm**

**Calories this week between 425- 500.**

**Dijon Salmon Cakes with Olive & Mint Couscous /Veggie**

**Chicken Capri w Ricotta, Tomatoes and Mozzarella w/Green Veggie**

**Thai Beef with Grilled Asparagus over Orzo**

**Chicken Meatballs w Sage and Cranberries, W Penne/ Small Garden Salad**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**NUMBER OF MEALS NEEDED**

**1 MEAL = \$12.00**

**4 MEALS= \$48.00 + Tax**

**8 MEALS= \$96.00 + Tax**

**12 MEALS= \$144.00 + Tax**

**You may order any amount of meals and any kinds.**



**January Week 4**

**Order by NOON Monday January 22Nd**  
**Pick up Wednesday January 24<sup>th</sup> between 3-7pm**

**Calories this week between 450- 500.**

**Herbed Chicken Parmesan over Couscous /Broccoli**

**Creole Shrimp & Turkey Sausage Stew w Brown Rice**

**Baked Firm White Fish & Jasmine Rice Green Beans w Almonds**

**Spicy Chicken Thighs w White Beans & Wilted Spinach**

Nutritional information may vary by a point or two.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

**NUMBER OF MEALS NEEDED**

**1 MEAL= \$12.00**

**4 MEALS= \$48.00 + Tax**

**8 MEALS= \$96.00 + Tax**

**12 MEALS= \$144.00 + Tax**

**You may order any amount of meals and any kinds.**

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