

Healthy Plates - February



2018

February brings the fun of The Super Bowl, Mardi Gras, and thoughts of Valentine's Day. So between the partying eat healthy!

How It Works:

Don't have time or want to cook but want to eat healthy and tasty foods this is for you. We make each weekly menu fresh on Wednesdays. Order Monday any number of meals and any of the selections offered for \$12.00 each.

P.S.G.'s Healthy Plates Program offers 4 complete meals per week with all meals portion controlled 500 calories or less, in convenient, fully cooked ready to heat and eat meals! (2 minutes micro or 20 min in oven)

Freshly prepared weekly menus made from all natural ingredients with no preservatives or additives. 100% trans-fat free. Always fresh, never frozen.

**ORDER THE HEALTHY PLATES MEALS BY MONDAY NOON
PICK UP ON WEDNESDAY BETWEEN 3pm-7:00pm.**

CALL, EMAIL OR FILL OUT SHEETS AND DROP OFF.

Call Lori Hemphill Catering Director 717-394-3882

lorihemphillplum@gmail.com

1831 Oregon Pike

Lancaster, Pa 17601

717-394-3882 www.plumstreetgourmet.com

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February Healthy Plate Dinner Menus

Week 1

Order by NOON Monday Feb 5th

Pick up Wednesday February 7th between 3pm-7:00pm

This week calorie count on these meals is between 395 and 500

Broccoli Cheddar Frittata with Potatoes and Fruit Salad

Seared Pork Loin with Pureed Parsnips and Snap Peas

Steak Tips in Pan Sauce served with Barley and Chef's Veggie

Roast Chicken Thighs with Apples & Root Vegetables

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 meal = \$12.00

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

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

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February Healthy Plates Dinner Menus

Week 2

Order by NOON Monday, February 12th

Pick up Wednesday February 14th between 3pm-7:00pm

This week calorie count on these meals is between 375-500

Grilled BBQ Chicken with Roasted Corn and Tomato Salad

Cottage Pie (Ground Turkey) w Peas, Carrots, Corn and Mashed Potatoes

Cilantro Lime Tilapia with White Rice, Sauteed Peppers and Onions

Grilled Flank Steak Salad on Mixed Greens with Veggies

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 meal + \$12.00

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

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

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Week 3

Order by NOON Monday February 19th

Pick up Wednesday February 21st between 3pm-7:00pm

This week calorie count on these meals is between 400- 525

Orange Ginger Sole with Rice, Edamame, Corn and carrots

Flank Steak Bourguignon, Pureed Celery Root and Green Veggie

Farro Stuffed Mushrooms with Medley of Vegetables

Greek Chicken Thighs, Lemon Roasted Potatoes, Cucumber Salad

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 meal = \$12.00

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

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

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February Healthy Plates Menus

Week 4

Order by NOON Monday February 26th

Pick up Wednesday February 28th between 3pm-7:00pm

This week menu calorie count is between 375- 500

Cilantro Rubbed Pork Loin, Roasted Corn and Peppers, White Rice

Turkey Meatloaf, Smashed Potatoes and Green Veggie

Thai Inspired Chicken with Rice Noodles, Edamame, Peppers

Open Face Beyond Burger Bleu Cheese Caramelized Onions, Lettuce, Tomato
Oven Fries, Side Salad

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 Meal = \$12.00

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

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

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