



April 2018-Healthy Plates

SPRING HAS SPRUNG....hopefully!

Welcome to April Healthy Plates menus.

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

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 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!

Bon Appetit!

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



APRIL WEEK 1

Order by Monday April 2nd

Pick up Wednesday April 4th between 3-7pm

Meals between 360 -500 Calories

Baked Sole w Mango Kiwi Relish & Toasted Israeli Couscous

Lemon Chicken with Seasoned Rice & Artichokes

Ground Turkey-Jasmine Rice Zucchini Boats

Balsamic Grilled Steak with Fresh Veggie, Garlic Potatoes

Name_____

Address_____

Phone Number_____

E-mail Address_____

NUMBER OF MEALS NEEDED

1 MEAL = \$12.00 + Tax

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

____Please sign me up for each week of April

____Please sing me up until further notice.

I will call by Noon on Monday if I need to cancel or change my order.

1831 Oregon Pike

Lancaster, Pa 17601

717- 394- 3882, www.plumstreetgourmet.com

Visit us on Facebook, become a fan!

Email: lorihemphillplum@gmail.com



APRIL WEEK 2

Order by Monday, April 9th

Pick up Wednesday April 11th between 3-7pm

Meals between 390 -500 Calories

Grilled Flank Steak with Green Veggie and Sweet Potatoes

Baked Lemon Sole with Sautéed Greens and Seasoned Rice

Chicken Breast with Cheesy Broccoli Sauce and Couscous

Chipotle Pulled Pork with Baked Corn and Power Slaw

Name_____

Address_____

Phone Number_____

E-mail Address_____

NUMBER OF MEALS NEEDED

1 MEAL = \$12.00 + Tax

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.

___Please sign me up for each week of April

___Please sing me up until further notice.

I will call by Noon on Monday if I need to cancel or change my order.

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



APRIL WEEK 3

Order by Monday April 16th

Pick up Wednesday April 18th between 3-7pm

Meals between 350 -500 Calories

Southwest Chicken Fiesta Bean salad on Crisp Greens w/ Cilantro Chili Dressing

Sweet Potato Quinoa Cakes Crema with Side Green Salad

Maple Glazed Steak w Green Beans and Roasted Potatoes

Lime Cilantro Chicken Tacos with Citrus Salad and Rice

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 MEAL = \$12.00 + Tax

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.

___ Please sign me up for each week of April

___ Please sing me up until further notice.

I will call by Noon on Monday if I need to cancel or change my order.

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



APRIL WEEK 4

Order by Monday April 23rd

Pick up Wednesday April 25th between 3-7pm

Meals between 320 -490 Calories

Herb Roasted Chicken Thighs over Spaghetti Squash

Creole Shrimp & Turkey Sausage Stew

Chicken Gyro with Tzatziki Sauce Lettuce Tomato Onion

Garden Vegetable Frittata with Fresh Fruit Salad

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED

1 MEAL = \$12.00 + Tax

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.

___ Please sign me up for each week of April

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

1831 Oregon Pike

Lancaster, Pa 17601

717- 394- 3882, www.plumstreetgourmet.com

Visit us on Facebook, become a fan!

Email: lorihemphillplum@gmail.com