



May 2018 Healthy Plates

May brings with it the unofficial return of summer. What better time to begin healthy eating! To add a little inspiration here is a preview of this month's offerings:
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 for May. Just reheat for 1-2 min & serve!

P.S.G.'s Healthy Plates Program offers 4 complete different meals \$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. Order any amounts and any selections.....

Satisfying tasty meals for today's health conscious consumer. 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!! Contact Maria Muni-Hodge our Catering Director at PlumStreetGourmetCatering@gmail.com

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!

1831 OREGON PIKE LANCASTER, PA 717-394-3882 PlumStreetGourmetCatering@gmail.com

Week 1: May Healthy Plate Dinner Menus

Order before noon Monday April 30th

Pick up Wednesday May 2nd between 3-7pm

Menus range from 360 to 500 calories:

- Grilled Pork Loin in Pineapple Habanero glaze, Coconut rice and broccoli
- Broccoli Rabe & provolone, Pork sausage Sautéed with White Beans, Kale and Tomatoes over Pasta
- Flank Steak Diane over Zucchini Noodles with hard roll
- Grilled Jerk Chicken Breast, citrus wild rice pilaf, roasted cauliflower



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 selections.

____ Please sign me up for each week of May

____ Please sign me up until further notice.

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

Week 2: May Healthy Plate Dinner Menus

Order before noon Monday May 7th

Pick up Wednesday May 9th between 3-7pm

Menus range from 325 to 500 calories:

- **Entrée Salad: Mixed Greens with black beans & peppers, corn, topped with Cilantro Lime Jumbo Shrimp (4) and a roll**
- **Flank Steak Enchiladas with Rice and Beans**
- **Pan Seared Chicken Breast with Caramelized onion in tomato Chevre sauce with Polenta and Roasted Broccoli**
- **Acorn Squash stuffed with blended Farro & Quinoa, pancetta and asparagus tips with a side salad**

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E-mail Address _____

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12 MEALS= \$144.00 + Tax

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Week 3: May Healthy Plate Dinner Menus

Order before noon Monday May 14th

Pick up Wednesday May 16th between 3-7pm

Menus range from 375- 510 calories:

- **Macaroni & White mixed Cheese with stewed tomatoes and Green Beans**
- **BBQ Chicken Thighs, roasted herb potatoes with minted Pea Salad**
- **Ginger Orange Shrimp over peas, edamame, peppers and carrots in rice**
- **Cilantro rubbed Pork Loin, Roasted corn salad and Polenta**

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Phone Number _____

E-mail Address _____

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Week 4 : May Healthy Plate Dinner Menus

Order before noon Monday May 21st

Pick up Wednesday May 23rd between 3-7pm

Menus range from 325- 515 calories:

- Honey Glazed Chicken Thighs, Mashed Yams & Roasted Cauliflower
- Turkey Cottage Pie with vegetables and a side salad
- Grilled Flank steak with Baked Potato; Topped with broccoli Cheese Sauce
- Baked Tilapia in Coconut Curry Sauce over rice with a Vegetable Medley

Name_____

Address_____

Phone Number_____

E-mail Address_____

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12 MEALS= \$144.00 + Tax

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Week 5 : May Healthy Plate Dinner Menus

Order by noon Monday May 28th

Pick up Wednesday May 30th between 3pm-7:00pm

This week calorie count is between 375- 500:

- **Beyond Meat Beet Burger with Provolone lettuce and tomato with French potato Salad and Roasted Corn**
- **Ratatouille over pureed Parsnips and a hard roll**
- **Seared Pork Loin in Mustard Sauce, Smashed Red Skin Potatoes, Green Beans**
- **Tortellini, pepperoncini, Bell Peppers & Wilted Spinach in Tomato Cream Sauce with a side salad**

Name_____

Address_____

Phone Number_____

EmailAddress_____

NUMBER OF MEALS NEEDED

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