



June 2018 Healthy Plates

June brings with it the 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 June. Just reheat for 5-7 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..... with a minimum of four per week

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: June Healthy Plate Dinner Menus

Order before noon Monday June 4th

Pick up Wednesday June 6th between 3-7pm

Menus range from 360 to 500 calories:

- Sole Topped with Garden Salsa, wilted Spinach over Tabouli Salad
- “Oven Fried” Chicken, Roasted Corn and Tomato and Power Cole Slaw
- Chicken/Veggie Pot Stickers with Edamame and carrots, Rice Noodles and a Citrus Chili Sweet/Sour dipping Sauce
- Grilled Flank Steak, Smashed Red Potatoes, Green Beans



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

Please order a minimum of four meals in any selections.

____ Please sign me up for each week of June

____ 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: June Healthy Plate Dinner Menus

Order before noon Monday June 11th

Pick up Wednesday June 13th between 3-7pm

Menus range from 325 to 500 calories:

- **Jerk Flank Steak with Mango Coconut Rice and Blanched Herb Broccoli**
- **Grilled Lemon Zested Chicken, Tortellini pepperoncini and Roasted Yellow/Green Squash**
- **Vegetarian White Lasagna with Pesto, Chef's side salad**
- **Open Face Turkey Burger with Caramelized Red Onion and roasted tomato, Potato wedges, Chef's choice Deli Salad**

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E-mail Address _____

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Week 3: June Healthy Plate Dinner Menus

Order before noon Monday June 18th

Pick up Wednesday June 20th between 3-7pm

Menus range from 375- 510 calories:

- Grain Stuffed Peppers with an Array of Fresh Vegetables, toasted Pepita
- Burrito Bowl: rice, beans, fajita tomatoes, peppers and onions, Adobo Lime Shrimp
- Chicken Thighs topped with roasted onions & Tomatoes, Polenta and Wilted Spinach
- Tortellini with Kale, Sausage, tomato, zucchini in a Shallot Wine Sauce with a Parker House Roll

Name_____

Address_____

Phone Number_____

E-mail Address_____

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12 MEALS= \$144.00 + Tax

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Week 4: June Healthy Plate Dinner Menus

Order before noon Monday June 25th

Pick up Wednesday June 27th between 3-7pm

Menus range from 325- 515 calories:

- Grilled Pineapple Jalapeno Pork Loin (mild), Coconut rice, Snap & English Peas
- Balsamic Glazed Chicken Caprese, Penne Salad and a Greens salad side
- Apricot Glazed Baked Chicken Thighs over Wild rice Pilaf with Green Beans
- Entrée Salad topped with Caper Cornichon Tuna Cakes

Name_____

Address_____

Phone Number_____

E-mail Address_____

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12 MEALS= \$144.00 + Tax

Please order a minimum of four meals in any selections.

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