

JULY 2018 - Healthy Plates

Too busy to cook but want healthy tasty meals to heat and eat!

Summer is here! With vacations starting, gardening to do, pools to swim in, the last thing you want to do is come home and spend time inside cooking dinner.

Let us help you free up your time, by preparing healthy, fresh foods for you, all ready to go, just heat and serve!



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, our valued customer, in convenient, ready to heat and eat meals.

Say goodbye to dieting and say hello to delicious. Everyday gourmet meals for today's health conscious consumer. Let Anne pamper you with a guilt-free, nutritionally balanced menu each week. Enjoy fine dining restaurant quality meals at half the cost! Freshly prepared weekly menus made from all natural ingredients with no preservatives or additives. 100% trans-fat free. Always fresh, never frozen.

To make it even easier, order once for the entire month, set a reminder to pick up on Wednesday and away you go, carefree healthy dining.

Reminder: Please order before Monday at noon and pick up on Wednesday between 3-7pm

Did you also know besides our wonderful Healthy food we also do Corporate and Social Catering is also available? Next time you are in ask for our Catering menus!

Call Ashley Horst, Catering Director 717-394-3882 or email plumstreetgourmetcatering@gmail.com



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

Week 1

Order before noon Monday July 2nd

Pick up Wednesday July 4th between 3-7pm

Menu selections range from 300-500 calories

CITRUS GINGER CHILI SHRIMP WITH STIR FRY VEGGIES AND RICE

GRILLED PORK LOIN WITH SWEET CORN AND ROASTED FRENCH POTATO SALAD

CHILI LIME CHICKEN THIGHS WITH POLENTA AND FRESH VEGGIE

OPEN FACE BEEF BURGER WITH DILLED HAVARTI TOMATO ON PUMPPERNICKLE
PEA & CUCUMBER SALAD

Name _____

Address _____

Phone Number _____

E-mail Address _____

NUMBER OF MEALS NEEDED _____ any selections or any amount of meals

1 of each = \$48.00 + Tax

2 of each= \$96.00 + Tax

3 of each= \$144.00 + Tax

4 of each = \$192.00 + Tax

____ Please sign me up for each week of June

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

Reminder: Please order before Monday at noon and pick up on Wednesday between 3-7pm

Week 2

Order before noon Monday July 9th

Pick up Wednesday July 11th between 3-7pm

Menu selections range from 375-500 calories

STUFFED PORTOBELLO MUSHROOMS WITH RICE AND GRAIN BLEND

PULLED BBQ CHICKEN WITH CORNBREAD AND POWER SLAW

BEYOND SAUSAGE WITH PEACH GLAZE AND SPAGHETTI SQUASH

FLANK STEAK OVER ARUGALA BLEND W BLEU CHEESE & BALSAMIC DRESSING

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

NUMBER OF MEALS NEEDED any selections, any amount of meals

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

4 of each = \$192.00 + Tax

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Week 3

Order before noon Monday July 16th

Pick up Wednesday July 18th between 3-7pm

Menu selections range from 350-500 calories

PARMESAN CRUSTED CHICKEN W VEG POLENTA ROASTED TOMATO SAUCE

CHICKEN POT STICKERS WITH CHILI GINGER SAUCE/ VEGGIES AND RICE

FLOUNDER ROASTED W RED PEPPER & HONEY CAULIFLOWER AND COUSCOUS

LOCAL TOMATO AND RICOTTA PIE AND GARDEN SALAD

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

NUMBER OF MEALS NEEDED any meals any amount

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

4 of each = \$192.00 + Tax

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Week 4

Order before noon Monday July 23rd

Pick up Wednesday July 25th between 3-7pm

Menu selections range from 360-500 calories

GREEK CHICKEN WITH TZATZIKI SAUCE, TABOULEH SALAD AND GREEK SIDE SALAD

GRILLED TURKEY AND QUINOA LETTUCE WRAPS WITH PINEAPPLE SALSA

PORTOBELLO STUFFED WITH PANCETTA, CHEVRE, SAUTEED SPINACH,
CARMELIZED ONION AND PINENUTS

BUTTERMILK FRIED CHICKEN W SWEET CORN & TOMATO SALAD & POWER COLE
SLAW

*Name _____

Address _____

*Phone Number _____

*E-mail Address _____

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3 of each = \$144.00 + Tax

4 of each = \$192.00 + Tax

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