



## HEALTHY PLATES AUGUST 2018

Welcome to August's Healthy Plates!  
This month we will be featuring Healthy Summer Produce. For anyone who enjoys food and cooking, summer offers the finest ingredients—fresh local produce from our garden, farmers' market, and grocery—to make any dish wonderful.

Working late, too hot to cook, or too tired to cook...we are here for you because you want a healthy meal option. We hope you enjoy August's Healthy Plates.

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.

Freshly prepared weekly menus made from all-natural ingredients with no preservatives, many from our garden! 100% trans-fat free always fresh, never frozen.

Order weekly by Monday or to make it even easier, order once for the entire month, set a reminder to pick up on Wednesday or order until further notice!!

CONTACT: Ashley Horst, Director for your weekly order.  
717-394-3882. Email [plumstreetgourmetcatering@gmail.com](mailto:plumstreetgourmetcatering@gmail.com) or stop in.

Bon Appetit!!

1831 Oregon Pike  
Lancaster, Pa 17601  
717-394-3882, [www.plumstreetgourmet.com](http://www.plumstreetgourmet.com)  
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**August Healthy Plate Dinner Menus**

**August Week 1**

**Order before noon Monday July 30th**

**Pick up Wednesday August 1st between 3-7pm**

**These selections between 380 and 500 calories**

**FRIED EGGPLANT, POLENTA WITH SPINACH, WHITE BEANS AND ARUGULA SAUTE**

**TORTELLINI W SUMMER SQUASH IN ROASTED TOMATO SAUCE**

**ROASTED TOMATO, BURRATA, PANCETTA GALETTE (ON PUFF PASTRY) W GREEN SALAD**

**ROASTED HERB CHICKEN THIGH WITH SMASHED POTATOES AND SUMMER SQUASH**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Order any amount of any selection!**

1 of each = \$48.00 + Tax

2 of each = \$96.00 + Tax

3 of each = \$144.00 + Tax

\_\_\_\_ Please sign me up for each week of August

\_\_\_\_ Please sign 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

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**August Week 2**

**Order before noon Monday August 6th**

**Pick up Wednesday August 8th between 3-7pm**

**These selections between 350 and 500 calories**

**COCONUT CURRY CHICKEN OVER RICE WITH FRESH SNAP PEAS**

**SHRIMP AND CUCUMBER SALAD OVER HERBED COUSCOUS**

**GRILLED FLANK STEAK WITH BAKED POTATO AND BROCCOLI**

**VIETNAMESE INSPIRED RICE NOODLES TOSSED W FRESH BASIL, CUCUMBER, CARROTS, ZUCCHINI, EDAMAME, SERVED ON A BED OF ROMAINE**

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**August Week 3**

**Order before noon Monday August 13th**

**Pick up Wednesday August 15th between 3-7pm**

**These selections between 360 and 500 calories**

**STUFFED LOCAL PEPPERS WITH QUINOA, PINENUTS, DRIED FRUIT, CHEVRE AND PROSCUITTO**

**BARBEQUE CHICKEN WITH GRILLED PINEAPPLE, ROASTED YAMS AND CHEF'S VEGGIE**

**PAN FRIED SOUTHWESTERN WHITE FISH OVER RICE WITH POWER SLAW**

**BEEF STIR FRY WITH FRESH VEGGIES OVER RICE NOODLES**

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**August Week 4**

**Order before noon Monday August 20th**

**Pick up Wednesday August 22nd between 3-7pm**

**These selections between 340 and 500 calories**

**CILANTRO RUBBED CHICKEN THIGH, LIME ZESTED RICE & ROASTED CORN TOMATO SALAD**

**BEYOND BEEF BURGER, GRILLED PEACH/BLUE CHEESE POTATO WEDGES**

**RATATOUILLE WITH FRESH LOCAL VEGETABLES AND PUREED CELERY ROOT**

**SOUTHWEST STYLE SALAD W GRILLED CHICKEN BREAST, FRESH GREENS, ROASTED TOMATOES AND CORN**

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E-mail Address \_\_\_\_\_

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**August Week 5**

**Order before noon Monday Aug 27th**

**Pick up Wednesday Aug 29**

**the between 3-7pm**

**These selections between 375 and 500 calories**

**ROASTED VEGGIE LASAGNA WITH CAESAR SALAD**

**MERLOT SLICED BEEF W HORSERADISH SMASHED POTATOES AND GREEN BEANS**

**SZECHUAN STYLE GINGER CHILI CHICKEN, RICE, EDAMAME, AND CARROTS**

**MOZZARELLA BASIL TURKEY BURGER W STEWED TOMATOES, ON OPEN FACED, GRILLED  
CIABATTA W OVEN-FRIED SWEET POTATOES**

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E-mail Address \_\_\_\_\_

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