

PLUM STREET GOURMET

October 2018 Plum Prepared

Welcome to Autumn! Isn't it comforting to know that with your busy new schedule, you can still have fresh, delicious dinners, without the work? Allow us to free up your time, by preparing dinners for you! Just heat and serve.



Here at Plum Street Gourmet, it's our goal to use as many fresh, local ingredients as possible. We love to support our fellow small businesses and feed our community quality food with no preservatives. **PLUM PREPARED** meals will be perfectly portioned for one person. It will include your main dish and side. Each week there will be four meal choices: Usually one chicken, one fish, one beef, one chef's choice. We will aim to do one ethnic cuisine each week as well. Menus will come out on our website one week before the start of a new month. The whole month will be planned so you can get your mouth watering! Email reminders will be sent out weekly.

There will be two price points for **PLUM PREPARED**. Meals will be \$15 each, a la carte, with a subscription rate of \$13 each. Subscription minimum of four meals per week. An exciting addition to our current Healthy Plates program will be a delivery service! Once we have an idea of which clients will desire delivery, we will send out a time frame in which you will be able to expect that delivery. It must be received by a person as there will not be a disposable cooler. There will be a delivery charge of \$25 (\$15 with subscription). We will continue the pick-up process that is currently scheduled for Wednesday's from 3pm-7pm as well.

Call or email Ashley Horst, Director of Catering, with any questions or orders.
catering@plumstreetgourmet.com



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

October Plum Prepared Menus

These menu selections are perfectly portioned for one person.

Week 1 Oct 3rd

Order before noon Monday Oct 1st

Pick up Wednesday Oct 4th between 3-7pm

SHRIMP AND CHICKEN THIGH CREOLE WITH SIDE SALAD
(PEPPERS/ONIONS/TOMATO). *GLUTEN FREE*

PANCETTA AND WILTED SPINACH WITH SHALLOTS, AND SHAVED YAMS, OVER
SPAGHETTI SQUASH IN WHITE WINE SAUCE

SWEET POTATO GNOCCHI WITH ROASTED BRUSSELS SPROUTS, RED ONION, AND
TOSSED WALNUTS, IN A MILD CHEVRE SAUCE

ROASTED FLANK STEAK WITH HORSE RADDISH MASHED POTATOES, AND BROCCOLI

Week 2 Oct 10TH

Order before noon Oct 8th

Pick up Wednesday Oct 10th between 3-7pm

SHRIMP SAUTEED WITH PEAS AND SCALLIONS SERVED WITH CAPELLINI IN GARLIC
SHALLOT SAUCE AND A SIDE SALAD

SEARED PROK LOIN WITH BRANDIED APPLES SERVED WITH GREEN BEANS AND
PUREED PARSNIPS

MAPLE ROASTED CHICKEN THIGHWITH ROOT VEGETABLES OVER FARRO

SKILLET LASAGNA: FLANK STEAK, RICOTTA, FRESH MOZZARELLA, IN RED WINE
SAUCE WITH ROASTED EGGPLANT AND SQUASH

Week 3 Oct 17th

Order before noon Monday Oct 15th

Pick up Wednesday Oct 17th between 3-7pm

MAPLE HONEY GLAZED SAUSAGES WITH MASHED YAMS AND GRILLED ASPARAGUS

MARINATED HERB ROASTED FLANK STEAK WITH RUSTIC MASHED POTATOES AND HARICOT VERTE

PAN SEARED HERBED CHICKEN BREAST WITH CREAMED SPINACH AND PEAS OVER POLENTA

PAN SEARED SALMON WITH ROASTED ROOT VEGETABLES ON WILTED ARUGULA AND WHITE BEANS

Week 4 Oct 24th

Order before noon Monday Oct 22nd

Pick up Wednesday Oct 24th between 3-7pm

BRAISED BEEF STEW: CELERY, POTATOES, CARROTS AND ONION OVER BARLEY

ROASTED ACORN SQUASH FILLED WITH BLENDED GRAINS, DRIED FRUITS, PEPPITAS, AND SHALLOTS

RICOTTA AND SPINACH MANICOTTI IN RED WINE SAUCE WITH ROASTED BRUSSELS SPROUTS AND POLENTA

SAVORY BREAD PUDDING: PROSCUITTO, MOZZARELLA, PROVALONE, BASIL, AND ROASTED TOMATO, GRILLED SQUASH AND SIDE SALAD



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