



September 2018

*****ANNOUNCING PLUM PREPARED*****

Hello to our current Healthy Plates customers, and new friends of Plum Street Gourmet!

We are so excited to tell you about our new prepared meals program called **PLUM PREPARED**

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 OR 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.

Please contact us at catering@plumstreetgourmet.com or 717-394-3882 with questions or orders.

Bon Appetit!
Ashley Horst, Director of Catering

Week 2: Sept 10th

Order Mon Sept 10th for Pick up Wednesday Sept 12th between 3-7pm

Salmon Cakes on a medley of sautéed Squash, Brussels Sprouts, and Yams

Szechuan Style Ginger Chili Chicken over Jasmine Rice

Lemon Rosemary Chicken Thigh, Roasted Cauliflower Over Quinoa

Braised Beef with Vegetables over Pureed Parsnips

Week 3 Sept 17th

Order Monday Sept 17th for Pick up Wednesday Sept 19th between 3-7pm

Lancaster Country Traditional Chicken Pot Pie, Side Salad

Barbecued Pulled Chicken, Power Slaw, Macaroni and Cheese

Penne tossed with Pancetta, Arugula, Sautéed Peppers, Tomatoes and end of summer Squash, in Shallot Vermouth Sauce

Local Corn and Zucchini Cakes (With Red Quinoa), Broccoli Gratin, Side Salad

Week 4 Sept 27th

Order Monday Sept 24th for Pick up Wednesday Sept 26th between 3-7pm

Deconstructed Flank Steak Fajita: Grilled Flank Steak, Sautéed Bell Peppers and Onion, Beans, Cilantro Lime Rice. (Tortillas packaged separately.)

Grilled Chicken Gryo (Lettuce, Tomato, Onion, House Tzatziki), Oven Fries, Farro Salad

Cajun Style White Fish, Hush Puppies, Power Coleslaw, Sautéed Greens

Spanikopita, Tabouleh Salad, Side Greek Salad

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