

Orange Ginger Chicken or Beef \$13.75 pp

Orange Ginger Beef Marinated in a tangy orange sauce flavored with sesame, fresh grated ginger and garlic - served with Fresh Snow Peas, Red Peppers, Green Peppers & Cashew Nuts on a bed of Whole Grain Wild Rice
Side House Salad

Juice or Water

Pineapple Curry Chicken or Beef \$13.75 pp

Beef or Chicken - Marinated & Woked in a curried Pineapple sauce with an Asian Flavor, fresh Pineapple, Woked Veggies & fresh garlic & ginger - served on a bed of Whole Grain Wild Rice

Side House Salad

Juice or Water

Coconut Chicken Curry - \$13.75 pp

Chicken Breast, Spinach, Apple, coconut, Raisins & Cashew Nuts simmered in a mild coconut curry sauce spiked with red basil - served over Basmati Rice with Nan Bread

Side House Salad

Juice or Water

Garlic Chicken Chili - \$10.75 pp

Tender strips of chicken with a variety of 6 beans in a texas chilli sauce served with crusty roll - (like it spicy just ask)

Caesar Salad

Juice or Water

Add Dessert Tray to any of the above for just \$1.50 pp

TRAYS/PLATTERS

X-LARGE - 25 People

LARGE - 20 People

MEDIUM - 15 People

SMALL - 10 People

	Small	Medium	Large	X- Large
Veggies & Dip	\$20	\$30	\$40	\$50
Cheese (Assort)	\$22	\$33	\$44	\$55
Fruit (Fresh)	\$23	\$34	\$45	\$56
Fruit & Cheese	\$23	\$34	\$45	\$56
Veggies, Fruit	\$23	\$34	\$45	\$56
Meat & Cheese	\$26	\$39	\$52	\$65

Ask About our H'orderve Platters



Specializing in

- Corporate Lunches
- Office Parties
- Special Event Catering
- Open Houses
- Senior Meals Plans

We are a 'Vetrans Affairs Service Provider'
Meals To Go (For Busy Families)

*Serving Loyalist Township, Napanee,
Surrounding Areas and West Kingston*

*We Use Only The Freshest Ingredients,
No Additives, Preservatives
or Trans Fats*

*Only Natural Herbs & Spices Used
Local & Organic Ingredients Whenever
Available*

WE WILL ARRANGE DIFFERENT
COMBINATIONS OF
HOT AND COLD
CATERING.
CALL US TO DISCUSS YOUR NEEDS!

*Helping You Celebrate The Best
Things In life*

(613) 483-5144
www.healthyplates.ca



Healthy Plates

Simple Nutrition

613-483-5144

www.healthyplates.ca

Catering Menu

Delicious Gourmet & Freshly Prepared Food

- **Special Events**
- **Corporate Board Room Lunches**
- **Training Seminars**
- **Offsite Meetings**
- **Office Parties**
- **Open Houses**
- **Funeral Reception**
- **Memorial Services**
- **Theme Parties**

*Healthy Plates begins with fresh,
quality ingredients.*

*Hot Meals - Gourmet Salads -
Homemade Soups, Sandwich & Wrap
Platters - Fruit, Meat & Cheese Trays,
Gourmet Dessert Trays*

Free Delivery over \$50

Please Allow 24 hours Notice

For Ordering

Debit. Visa & MasterCard Accepted

DELIVERY

MONDAY TO FRIDAY ~ 6:30 - 5:00

SATURDAY ~ 9:00 - 3:00

Alternate Delivery Times Can Be Arranged