



Lighthouse Massage Therapy Clinic

340 Ontario St, Back Entrance,
Stratford, ON 519-305-0567
"Lighting Your Way to Good Health"

May 2009

Sun Mon Tue Wed Thu Fri Sat

Mother's Day Gift Package Includes: \$85



One Hour Aromatherapy Massage

Happy Mother's Day Card

A beautiful flower

A small bag of epsom salts

A sample of our relaxation tea



Sweet, Sticky and Spicy Chicken

Prep Time - 10 Min
Cook Time - 12 Min
Ready In - 22 Min
4 Servings

INGREDIENTS (Nutrition)

- 1 tablespoon brown sugar
- 2 tablespoons honey
- 1/4 cup soy sauce
- 2 teaspoons chopped fresh ginger root
- 2 teaspoons chopped garlic
- 2 tablespoons hot sauce
- salt and pepper to taste
- 4 skinless, boneless chicken breast halves - cut into 1/2 inch strips
- 1 tablespoon vegetable oil

DIRECTIONS

1. Mix together brown sugar, honey, soy sauce, ginger, garlic and hot sauce in a small bowl.
2. Lightly salt and pepper the chicken strips.
3. Heat oil in a large skillet over medium heat. Add chicken strips and brown on both sides, about 1 minute per side. Pour the sauce over the chicken. Simmer uncovered until the sauce thickens, 8 to 10 minutes.

					1 Neil's away	2
3 Fishing!	4	5 	6 	7 Volleyball at Bethel	8 	9
10 Mother's Day	11	12	13	14 Volleyball at Bethel	15	16
17 	18 Victoria Day	19 	20 	21 Volleyball at Bethel	22	23
24	25	26	27	28 Volleyball at Bethel. Final day until Fall	29	30 bike to Lighthouse and recieve 15min free on your treatment

