



The Plated Parable

Gluten-Free Menu

ENTREES

Garlic Shrimp and Broccoli
Mama Audrey's Pot Roast
Honey Garlic Chicken
Lemon Chicken with Orzo
Shrimp Etouffee and Rice
Rotisserie-Style Chicken
Orange Chicken with Vegetables
Cod with Vegetable Medley
Smoked Chicken
Smoked Turkey

SIDES

Aunt Betty's Potato Salad
Cheesy Mashed Cauliflower
Garlic Mashed Potatoes
Macaroni and Cheese
Sauteed Green Beans
Roasted Broccoli
Swiss Chard,
Broccoli, Spinach, and Bell pepper Mix
Sauteed Spinach
Sweet Potato Souffle

SOUP

Broccoli Cheese Soup
Chicken Noodle Soup
Shrimp Bisque
10 Vegetable Soup
Loaded Potato Soup

SALADS

BLT Chicken Salad
Kale, Bacon, and Parmesan Salad
Mediterranean Salad
Quinoa Berries Walnuts Salad
Strawberry, Pecan, and Blue Cheese Salad
Cranberry Spinach Salad
Cobb Salad

PASTA

Tuscan Chicken Pasta
Shrimp Alfredo
Lemon Butter Chicken and Shrimp Pasta
Vegetable Medley Pasta
Spaghetti and Meatsauce
Turkey Lasagna

Gluten is a protein found in many foods, especially wheat. Gluten intolerance is also called non-celiac gluten sensitivity. It's not the same as celiac disease or a wheat allergy. About 6% of the U.S. population is gluten intolerant. People with celiac disease have an autoimmune response to gluten. This means their bodies try to fight against gluten as if it were a virus.