



THE PLATED PARABLE

HIGH-CHOLESTEROL MENU

ENTREES

- Sauteed Salmon
- Lemon Herbed Chicken
- Garlic Chicken and Vegetables
- Bourbon or Orange Chicken and Rice
- Poached Cod
- Smoked Turkey
- Mama Audrey's Pot Roast

SOUPS

- Broccoli Cheddar Soup
- 10 Vegetable Soup
- Chicken Noodle Soup
- Tomato Bisque
- Minestrone Soup

SIDES

- Roasted Broccoli
- Vegetable Medely
- Sautéed Green Beans
- Sautéed Spinach
- Candied Yams
- Garlic .asked Cauliflower
- Baked Macaroni and Cheese

PASTA

- New Orleans Chicken and Shrimp Pasta
- Tuscan Chicken and Wheat Pasta
- Chicken Alfredo with Wheat Fettuccine
- Tomato and Shrimp Pasta
- Vegetable Lasagna



SALADS

- Chopped Chicken Salad
- Cobb Salad
- Garden Salad
- Strawberry, Candied Pecans, and Bleu Cheese Salad
- Mixed Green Salad with Turkey or Chicken

