







## Gluten Free Meal Plan Week of November 29th-4th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Baked Potato Bar</u>	<u>Creamy Cauliflower Chowder</u>	Appetizers	<u>Chicken Broccoli Rice Casserole</u>	<u>Traditional Pot Roast</u>	<u>Pot Roast Horseshoe</u>
					
<p>1 potato per person Toppings: Bacon Sour cream Butter salt/pepper green onions black olives *optional- use whatever toppings you like!</p> <p>*Pair with a side salad</p>	<p>4 cups chicken broth 2 bags frozen cauliflower 1 diced onion 1 cup half and half 3 garlic cloves 5 slices bacon 1 large carrot 2 celery stalks 1 bay leaf 3 TB butter</p> <p>GF Cornbread from Aldi</p>	<p>Medium shrimp Cocktail sauce Select Cheeses (we usually go for havarti dill, extra sharp white cheddar &amp; horseradish cheese) Summer Sausage Crackers Pickle Roll ups (dill pickle spears, budding beef, cream cheese) Christmas cookies (store bought) Christmas candy (store bought) Sparkling Grape Juice</p>	<p>6 cups cooked long grain brown rice or basmati rice 2 cups sliced fresh mushrooms 2 tsp. minced garlic 1 1/2 cups milk 16 oz. (4 cups) cheddar cheese, shredded, divided 3 heads fresh broccoli (or 3 bags frozen broccoli) 5 cups shredded chicken 1 tsp. salt 1 tsp. garlic powder 6 TB salted butter</p> <p>*Pair with side salad</p>	<p>3-4 lb top roast 1 TB garlic powder 1 TB onion powder 1/2 TB salt 1/2 TB pepper 1/3 cup water</p> <p>Sides: Carrots &amp; potatoes</p>	<p>French Fries Leftover roast beef 8 oz extra sharp cheddar cheese 1 tb cornstarch 1 cup evaporated milk 1/2 tsp hot sauce 1/4 tsp salt</p>