

Soups

Day	Name	Dietary	Notes	Ingredients
Daily	Italian Wedding Soup	NF, (GF w/o Pasta)	Allergen Alert: Pork, Turkey, Gluten (with Soup Pasta)	Carrots, Onion, Celery, Dill, Kale, Italian Sausage, Roasted, Turkey Base, Pasta, Olive Oil , Salt and pepper
Monday	Minestrone	GF, NF, V+	Allergen Alert: None	Onion, Garlic, Potatoes, Zucchini, Cabbage, Carrots, Veggie Stock, Fire Roasted Tomatoes, Rosemary, Kidney Beans, Parsley, Thyme
Tuesday	Coconut Curry Lentil	GF, NF, V+	Allergen Alert: *Contains Coconut	Lentils, Onion, Garlic, Tomato Paste, Celery, Carrots, Fire Roasted Tomatoes, Ginger, Red Pepper Flake, Curry, Cumin, Coconut Milk
Wednesday	Cajun Andouille White Bean	GF, NF, DF	Allergen Alert: Pork, Chicken	Onion, Celery, Bell Pepper, Garlic, Andouille, Chili Flake, Oregano, Cajun, Fire Roasted Tomatoes, Chicken Stock, Parsley, White Beans, Lemon Juice
Thursday	Chicken Tortilla	GF, NF	Allergen Alert: Corn, Dairy	Onion, Garlic, Fire Roasted Tomatoes, Masa, Chicken, Chili Powder, Cumin, Poblanos, Chicken Stock, Milk, Cilantro, Lime
Friday	Tomato Basil	GF, NF, V+	Allergen Alert: *Contains Coconut	Fire Roasted Tomatoes, Carrots, Onion, Garlic, Veggie Stock, Basil, Coconut Milk
Saturday	Miso Sweet Potato	GF, NF, V+	Allergen Alert: Soy, *Contains Coconut	Sweet Potatoes, Veggie Stock, Coconut Milk, Onion, Garlic, Miso, Ginger, Chili Flake, Lime
Sunday	White Bean Chili Verde	GF, NF, V+	Allergen Alert: None	Onion, Garlic, Poblanos, White Beans, Cilantro, Lime Juice, Green Chiles, Salsa Verde, Veggie Stock, Cumin, Chili Powder