

*All Recipes Contain Oil, Salt & Pepper

Soups				
Day	Name	Dietary	Notes	Ingredients
Daily	Italian Wedding Soup	NF, DF (GF w/o Pasta)		Carrots, Onion, Celery, Dill, Kale, Italian Sausage, Roasted Chicken or Turkey Base, Pasta, Olive Oil , Salt and Pepper
Monday	Black Bean Corn	GF, NF, V+	Allergen Alert: Corn *Contains Coconut	Poblanos, Bell Peppers, Onion, Garlic, Fire Roasted Tomatoes, Black Beans, Corn, Veggie Stock, Chipotle Powder, Cumin, Chili Powder, Coconut Milk, Cilantro, Lime Juice
Tuesday	Coconut Curry Lentil	GF, NF ,V+	Allergen Alert: *Contains Coconut	Lentils, Celery, Onion, Carrots, Garlic, Fire Roasted Tomatoes, Coconut Milk, Veggie Stock, Ginger, Cumin, Curry, Chili Flake,
Wednesday	Veggie Tortilla	GF, NF, V	Allergen Alert: Dairy (Milk)	Onion, Bell Peppers, Poblano, Garlic, Fire Roasted Tomatoes, Veggie Stock, Masa, Corn, Milk, Cumin, Chili Powder, Cilantro, Lime
Thursday	Miso Mushroom	NF, V	Allergen Alert: Dairy (Milk, Cream)), Soy (Miso)	Mushrooms, Onion. Garlic, Veggie Stock, Flour, Milk, Cream, Miso, Korean Chili Flakes, Ginger, Lime Juice, Chives
Friday	Tomato Basil	GF, NF, V+	Allergen: *Contains Coconut	Onion, Carrots, Garlic, Fire Roasted Tomatoes, Coconut Milk, Veggie Stock
Saturday	Minestrone	GF, NF, V+	Allergen Alert:	Onion, Garlic, Potatoes, Zucchini, Carrots, Cabbage, Veggie Stock, Fire Roasted Tomatoes, Rosemary, Thyme, Kidney Beans
Sunday	Creamy Chicken and Herb	NF	Allergen Alert: Gluten (Flour), Dairy (Cream)	Chicken, Carrots, Onion, Celery, Kale, Roasted Red Peppers, White Wine, Sun Dried Tomatoes, Basil, Parsley, Oregano, Red Pepper Flake, Flour, Cream