

Soups
All Recipes Contain Oil, Salt, Pepper

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	Autumn Veggie Soup	GF, NF, V+	Allergen Alert: None	Veggie Stock, Onion, Garlic, Carrots, Parsnips, Butternut Squash, Fire Roasted Tomatoes, White Beans, Kale, Thyme, Rosemary, Red Pepper Flake
Tuesday	Chicken Wild Rice	NF	Allergen Alert: Gluten (Flour), Dairy (Butter, Milk)	Onions, Carrots, Celery, Chicken Stock, White Wine, Butter, Flour, Milk, Wild Rice, Grilled Chicken, Garlic, Thyme
Wednesday	Pumpkin Apple	GF, NF, V+	Allergen Alert: *Contains Coconut	Pumpkin, Veggie Stock, Apple Juice, Apples, Onion, Curry, Cayenne, Coconut Milk
Thursday	Sweet Potato Black Bean Chili	GF, NF, V+	Allergen Alert: Corn	Sweet Potatoes, Black Beans, Onion, Garlic, Corn, Chipotles In Adobo, Cumin, Chili Powder, Green Chiles, Cilantro, Paprika, Corn, Tomatoes, Lime, Coffee
Friday	Tomato Basil	GF, NF, V+	Allergen Alert: *Contains Coconut	Fire Roasted Tomatoes, Onions, Carrots, Garlic, Olive Oil, Salt And Pepper, Veggie Stock, Basil, Coconut Milk
Saturday	Chicken Chile Verde	GF, NF, DF	Allergen Alert: None	Onions, Garlic, Chili Powder, Cumin, Green Chiles, White Beans, Chicken Stock, Chicken, Cilantro, Salsa Verde
Sunday	Miso Sweet Potato	GF, NF, V+	Allergen Alert: Soy (Miso) *Contains Coconut	Sweet Potatoes, Coconut Milk, Miso, Onion, Veggie Stock, Garlic, Ginger, Chili Flake, Lime