All Recipes Contain Oil, Salt & Pepper

Soups				
Day	**Name**	**Dietary**	**Notes**	**Ingredients**
Daily	Italian Wedding Soup	NF, (GF w/o Pasta)		Carrots, Onion, Celery, Dill, Kale, Italian Sausage, Roasted Chicken or Turkey Base, Pasta, Olive Oil, Salt and Pepper
Monday	Tuscan White Bean	GF, NF, V+	Allergen Alert:	Onions, Garlic, Crushed Red Pepper, Carrots, Celery, Tomato Paste, White Wine, Oregano, Rosemary, Vegetable Base, Fire Roasted Tomatoes, Kale, Basil, Parsley, White Beans
Tuesday	Broccoli Cheddar	NF, V	Allergen Alert: Gluten (Flour), Dairy (Butter, Cheddar, Milk)	Onion, Carrots, Garlic, Broccoli, Veggie Stock, Butter, Flour, Milk, Cheddar
Wednesday	Minestrone	GF, NF, V+	Allergen Alert:	Onions, Garlic, Yukons, Zucchini, Carrots, Cabbage, Veggie Stock, Fire Roasted Tomatoes, Rosemary, Thyme, Kidney Beans
Thursday	Creamy Turkey	NF	Allergen Alert: Dairy (Milk, Parmesan, Butter) Gluten (Flour)	Turkey Stock, Turkey, Sweet Potatoes, Garlic, Onions, Carrots, Mushrooms, Milk, Flour, Parmesan, Butter, Sage, Rosemary, Thyme
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	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,
Sunday	Parmesan Chicken	NF	Allergen Alert: Dairy (Cream, Parmesan), Gluten (Flour)	Fire Roasted Tomatoes, Chicken, Onions, Garlic, Carrots, Flour, Cream, Tomato Paste, Parmesan, Red Wine, Basil, Herbs De Provence