

Soup Schedule



Monday

Roasted Vegetable
VN VG DF GF

White Chicken Chili
GF

Tuesday

Lentil
VN VG DF

Thai Chicken with Red Curry
DF GF

Wednesday

Quinoa & Sweet Potato Chili
VG DF GF

Chicken Stew
DF

Thursday

Beef Stew
DF GF

Black Bean
DF GF VG VN

DF Dairy Free
GF Gluten Free
VG Vegetarian
VN Vegan
OG Organic

Friday

Haddock Chowder

Three Bean Chili
VN VG GF DF

Saturday

Tomato Garden Vegetable
VN VG DF GF

Turkey Chili
DF GF

Sunday

Coconut Lentil
VG VN GF DF OG HALAL

Chicken Kale & Sweet Potato
GF



Menu Subject to Change