



# Soups of the Week

September 15<sup>th</sup> - September 19<sup>th</sup>

## Monday

Thai Chicken & Rice – Fragrant broth with coconut.

Allergens: fish

Miso Soup – Umami broth with seaweed & tofu.

Allergens: soy, fish

## Tuesday

3 Mushroom & Barley – Earthy mushrooms with hearty barley.

Allergens: wheat

Thai Pea Soup – Bright, spiced pea blend.

## Wednesday

Cabbage & White Bean – Light, rustic veggie blend.

Chicken Noodle – The ultimate comfort soup.

Allergens: egg, wheat

## Thursday

Beef Garden Vegetable Orzo – Savory broth with veggies & pasta.

Allergens: wheat

Butternut Squash Bisque – Creamy & slightly sweet.

Allergens: milk

## Friday

Lighthouse Clam Chowder – Creamy, New England classic.

Allergens: milk, shellfish

Hot & Sour Soup – Tangy, spiced Asian-inspired broth.

Allergens: soy, wheat, sesame





# Soups of the Week

September 22<sup>nd</sup> - September 26<sup>th</sup>

## Monday

Grilled Chicken Tortilla – Smoky twist on a favorite.  
Hlelem – Tunisian Vegetable & Bean – Spiced North African comfort.

Allergens: wheat, soy

## Tuesday

Spring Pasta Fagioli – Tomato broth with beans & pasta.

Allergens: wheat

Mexican Style Tortilla Soup – Bold broth with southwest spices.

Allergens: milk

## Wednesday

Mushroom Bisque – Creamy, earthy mushroom soup.

Allergens: milk

Split Pea (plant-based) – Simple, hearty, and vegan.

## Thursday

Thai Pumpkin – Smooth pumpkin with a hint of spice.

Amaranth & Chickpea with Pesto – Nutty grains with pesto swirl.

Allergens: tree nuts, wheat

## Friday

Hearty Southwestern Grain – Nutty grains, bold southwest spices.

Tomato Soup – Creamy tomato classic.

Allergens: milk, wheat

