

| Soup by 10:00 am |        | Vegetarian Soup<br>Faculty Soup Club only | Lunch Entrée for Terrace | Starch for Entrée           |                   |
|------------------|--------|---|--------------------------|-----------------------------|-------------------|
| TUE              | 23-Aug | <b>Roasted Poblano and Corn</b>           | Morrocan Lentil Soup     | Kansas City Pork Shoulder   | Roasted Red Bliss |
| WED              | 24-Aug | <b>Beef, Barley and Kale</b>              | Minestrone and Pasta     | Meatloaf and Mushroom Gravy | Mashed Potatoes   |
| THU              | 25-Aug | <b>Baked Potato</b>                       | Spicy Tomato Bisque      | Thai Chicken Currey         | Uncle Bens        |
| FRI              | 26-Aug | <b>Seafood Gumbo</b>                      | Morrocan Lentil Soup     | Fried Chicken               | Mashed Potatoes   |
| MON              | 29-Aug | <b>Corn Tortilla</b>                      | Spicy Tomato Bisque      | Mac and Cheese              |                   |
| TUE              | 30-Aug | <b>Cream of Broccoli and Cheddar</b>      | Morrocan Lentil Soup     | Jambalya                    | Rice              |
| WED              | 31-Aug | <b>Split Pea and Ham</b>                  | Minestrone and Pasta     | Turkey Gravy                | Mashed Potatoes   |
| THU              | 1-Sep  | <b>Chicken Noodle Soup</b>                | Spicy Tomato Bisque      | General Tso's Chicken       | Rice              |
| FRI              | 2-Sep  | <b>Spicy Seafood and Corn Chowder</b>     | Morrocan Lentil Soup     | Corned Beef and Cabbage     | Boiled Red Bliss  |
| MON              | 5-Sep  | <b>Tuscan White Bean and Vegetable</b>    | Spicy Tomato Bisque      | Eggplant Parmesan           |                   |
| TUE              | 6-Sep  | <b>French Onion</b>                       | Morrocan Lentil Soup     | Shrimp Fried Rice           | Rice              |
| WED              | 7-Sep  | <b>White Turkey Chili</b>                 | Minestrone and Pasta     | Beef and Broccoli           | Rice              |
| THU              | 8-Sep  | <b>Italian Wedding</b>                    | Spicy Tomato Bisque      | Huli Huli Chicken           | Rice              |
| FRI              | 9-Sep  | <b>Shrimp Callaloo</b>                    | Morrocan Lentil Soup     | Fried Chicken               | Mashed Potatoes   |
| MON              | 12-Sep | <b>Moroccan Lettil</b>                    | Spicy Tomato Bisque      | Ratatouille                 |                   |
| TUE              | 13-Sep | <b>Matzo Ball</b>                         | Morrocan Lentil Soup     | Korean Barbeque             | Rice              |
| WED              | 14-Sep | <b>Butternut Squash Bisque</b>            | Minestrone and Pasta     | Arroz Con Pollo             |                   |
| THU              | 15-Sep | <b>Hot and Sour Chicken</b>               | Spicy Tomato Bisque      | Spicy Mango Chicken         | Rice              |
| FRI              | 16-Sep | <b>Manhattan Clam Chowder</b>             | Morrocan Lentil Soup     | Turkey and Gravy            | Mashed Potatoes   |

# Soup Allergy Facts

| Soup contains....                          | Dairy | Gluten      | Nuts    | Fish | Shellfish | Soy | Egg | Pork | Soup is.... | Vegan | Vegetarian |
|--|-------|-------------|---------|------|-----------|-----|-----|------|-------------|-------|------------|
| Beef Barley and Kale                       | yes   | yes         |         |      |           | yes |     |      |             |       |            |
| <b>Beef Taco Soup</b>                      | yes   | yes         |         |      |           | yes |     |      |             |       |            |
| Black Bean Soup                            |       |             |         |      |           |     |     |      |             | yes   | yes        |
| Butternut Squash Bisque                    | yes   | yes         |         |      |           |     |     |      |             |       |            |
| Callaloo Chowder with Shrimp               |       |             | coconut |      | yes       | yes |     |      |             |       |            |
| Chicken Noodle Soup                        |       | yes         |         |      |           | yes |     |      |             |       |            |
| <b>Chicken Tortellini and Spinach</b>      | yes   | yes         |         |      |           | yes | yes |      |             |       |            |
| <b>Chicken Sausage Gumbo</b>               | yes   | yes         |         |      |           | yes |     | yes  |             |       |            |
| Cream of Mushroom                          | yes   |             |         |      |           | yes |     |      |             |       | yes        |
| French Onion Soup                          | yes   | yes         |         |      |           | yes |     |      |             |       |            |
| Hot & Sour Chicken Soup                    |       |             |         |      |           | yes | yes |      |             |       |            |
| Italian Wedding Soup                       |       | yes         |         |      |           | yes | yes |      |             |       |            |
| Minestrone and Pasta                       |       | yes         |         |      |           |     | yes |      |             |       | yes        |
| Morrocan Lentil Soup                       |       |             | nutmeg  |      |           |     |     |      |             | yes   | yes        |
| New England Clam Chowder                   | yes   |             |         |      | yes       |     |     |      |             |       |            |
| Roast Vegetable Bisque                     |       |             |         |      |           |     |     |      |             | yes   | yes        |
| Roasted Poblano and Corn Chowder           | yes   |             |         |      |           |     |     |      |             |       | yes        |
| Seafood Gumbo w/ sausage                   | yes   | yes         |         | yes  | yes       | yes |     | yes  |             |       |            |
| Spicy Seafood and Corn Chowder             | yes   | yes         |         | yes  | yes       | yes |     |      |             |       |            |
| Split Pea and Ham                          |       |             |         |      |           | yes |     | yes  |             |       |            |
| <b>Thai Red Curry Veggie Soup, Chicken</b> |       | rice noodle | Peanuts |      |           | yes |     |      |             |       |            |
| <b>Tomato Basil Bisque</b>                 |       |             |         |      |           |     |     |      |             | yes   | yes        |
| Tortilla Chicken Soup                      |       | yes         |         |      |           | yes | yes |      |             |       |            |
| <b>Vegetable, Barley and Herb Stew</b>     |       | yes         |         |      |           |     |     |      |             | yes   | yes        |
| White Turkey Chili                         |       | yes         |         |      |           |     |     |      |             |       |            |

Some soups have Gluten only because of the use of stock bases:

there is gluten in Chicken-, Beef- Stock

Some soups have Soy only because the use of stock bases:

there is Soy in Turkey- Chicken-, Beef- Ham Stock

Some soups have Dairy only because the use of stock bases:

there is dairy in Turkey-, Beef- Chicken- Mushroom- Seafood- Fish base

Soups Highlighted in Yellow no longer on our menu

# Soup Allergy Facts

| Soups contain....                 | Dairy | Gluten | Nuts    | Fish | Shellfish | Soy | Egg | Pork | Soups are.... | Vegan | Vegetarian |
|-----------------------------------|-------|--------|---------|------|-----------|-----|-----|------|---------------|-------|------------|
| Carrot Cashew Soup not on list    | yes   |        | yes     |      |           |     |     |      |               |       | yes        |
| Chicken Mulligatawny not on list  | yes   |        | coconut |      |           | yes |     |      |               |       |            |
| Corn and Salmon Chowder           | yes   |        |         | yes  |           | yes |     |      |               |       |            |
| Corn Chowder                      | yes   |        |         |      |           | yes |     |      |               |       | yes        |
| Curried Pea, coconut, wild rice   |       |        |         |      |           |     |     |      |               |       |            |
| Curried Sweet Potato and Grains   | yes   | yes    |         |      |           | yes |     |      |               |       | yes        |
| Ham and Potato Chowder            | yes   |        |         |      |           | yes |     | yes  |               |       |            |
| Kansas City Steak Soup            | yes   | yes    |         |      |           | yes |     |      |               |       |            |
| Manhattan Clam Chowder            |       |        |         |      | yes       |     |     | yes  |               |       |            |
| Cream of Broccoli and Cheddar     | yes   | yes    | nutmeg  |      |           | yes |     |      |               | Yes   |            |
| Potato Chowder                    | yes   |        |         |      |           |     |     |      |               |       | yes        |
| Roasted Cauliflower and Cheddar   | yes   |        |         |      |           |     |     |      |               |       | yes        |
| Spicy Beef and Red Lentil Soup    |       |        |         |      |           |     |     |      |               |       |            |
| Tuscan White Bean with vegetables |       |        |         |      |           | yes |     |      |               |       |            |
| Vegan Chili                       |       |        |         |      |           |     |     |      |               | yes   | yes        |
| Hellfire Chili                    |       | beer   |         |      |           |     |     |      |               |       |            |
| Tom Kha Gai                       |       |        | coconut |      |           | yes |     |      |               |       |            |
| White Bean Squash                 |       |        |         |      |           |     |     |      |               | Yes   |            |
| Baked Potato                      | yes   | yes    |         |      |           |     |     | yes  |               |       |            |
| Corn Tortilla                     |       |        |         |      |           |     |     |      |               | yes   |            |
| Matzo Ball                        | yes   | yes    |         |      |           | yes | yes |      |               |       |            |
|                                   |       |        |         |      |           |     |     |      |               |       |            |
|                                   |       |        |         |      |           |     |     |      |               |       |            |
|                                   |       |        |         |      |           |     |     |      |               |       |            |
|                                   |       |        |         |      |           |     |     |      |               |       |            |