

Soup by 10:00 am

Vegan Soup  
Faculty Soup Club only

WED	17-Jan	<b>Hot and Sour Soup with Chicken</b>	B. Nut Squash with Quinoa and B. Beans	
THU	18-Jan	<b>Black Bean soup</b>	Three Bean and Kale	
FRI	19-Jan	<b>New England Clam Chowder</b>	Red Thai Vegetable	
WED	24-Jan	<b>Beef, Barley and Kale</b>	B. Nut Squash with Quinoa and B. Beans	
THU	25-Jan	<b>Baked Potato and Ham Chowder</b>	Three Bean and Kale	
FRI	26-Jan	<b>Seafood Gumbo w/ Sausage</b>	Red Thai Vegetable	
MON	29-Jan	<b>Corn Tortilla</b>	Three Bean and Kale	
TUE	30-Jan	<b>Split Pea and Ham</b>	Red Thai Vegetable	
WED	31-Jan	<b>Cream of Broccoli and Cheddar</b>	B. Nut Squash with Quinoa and B. Beans	
THU	1-Feb	<b>Chicken Noodle Soup</b>	Three Bean and Kale	
FRI	2-Feb	<b>Spicy Seafood and Corn Chowder</b>	Red Thai Vegetable	
MON	5-Feb	<b>Butternut Squash Bisque</b>	Three Bean and Kale	
TUE	6-Feb	<b>French Onion</b>	Red Thai Vegetable	
WED	7-Feb	<b>Cauliflower and Cheddar Soup</b>	B. Nut Squash with Quinoa and B. Beans	
THU	8-Feb	<b>Italian Wedding</b>	Three Bean and Kale	
FRI	9-Feb	<b>Bahamian Fish Chowder</b>	Red Thai Vegetable	

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MON	12-Feb	<b>Cream of Mushroom</b>	Three Bean and Kale
TUE	13-Feb	<b>Sweet Hellfire Chili</b>	Red Thai Vegetable
WED	14-Feb	<b>Hot and Sour Soup with Chicken</b>	B. Nut Squash with Quinoa and B. Beans
THU	15-Feb	<b>Black Bean soup</b>	Three Bean and Kale
FRI	16-Feb	<b>New England Clam Chowder</b>	Red Thai Vegetable
WED	21-Feb	<b>Beef Barley and Kale</b>	B. Nut Squash with Quinoa and B. Beans
THU	22-Feb	<b>Baked Potato and Ham Chowder</b>	Three Bean and Kale
FRI	23-Feb	<b>Seafood Gumbo w/ Sausage</b>	Red Thai Vegetable
MON	26-Feb	<b>Corn Tortilla</b>	Three Bean and Kale
TUE	27-Feb	<b>Split Pea and Ham</b>	Red Thai Vegetable
WED	28-Feb	<b>Cream of Broccoli and Cheddar</b>	B. Nut Squash with Quinoa and B. Beans
THU	1-Mar	<b>Chicken Noodle Soup</b>	Three Bean and Kale
FRI	2-Mar	<b>Spicy Seafood and Corn Chowder</b>	Red Thai Vegetable
MON	5-Mar	<b>Butternut Squash Bisque</b>	Three Bean and Kale
TUE	6-Mar	<b>French Onion</b>	Red Thai Vegetable
WED	7-Mar	<b>Cauliflower and Cheddar Soup</b>	B. Nut Squash with Quinoa and B. Beans
THU	8-Mar	<b>Italian Wedding with Meatballs</b>	Three Bean and Kale
FRI	9-Mar	<b>Bahamian Fish Chowder</b>	Red Thai Vegetable

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MON	12-Mar	<b>Cream of Mushroom</b>	Three Bean and Kale
TUE	13-Mar	<b>Sweet Hellfire Chili</b>	Red Thai Vegetable
WED	14-Mar	<b>Hot and Sour Soup with Chicken</b>	B. Nut Squash with Quinoa and B. Beans
THU	15-Mar	<b>Black Bean soup</b>	Three Bean and Kale
FRI	16-Mar	<b>New England Clam Chowder</b>	Red Thai Vegetable
MON	19-Mar	<b>Garden Vegetable Soup</b>	Three Bean and Kale
TUE	20-Mar	<b>Corn Chowder</b>	Red Thai Vegetable
WED	21-Mar	<b>Beef and Barley</b>	B. Nut Squash with Quinoa and B. Beans
THU	22-Mar	<b>Baked Potato and Ham Chowder</b>	Three Bean and Kale
FRI	23-Mar	<b>Seafood Gumbo w/ Sausage</b>	Red Thai Vegetable
MON	26-Mar	<b>Corn Tortilla</b>	Three Bean and Kale
TUE	27-Mar	<b>Split Pea and Ham</b>	Red Thai Vegetable
WED	28-Mar	<b>Cream of Broccoli and Cheddar</b>	B. Nut Squash with Quinoa and B. Beans
THU	29-Mar	<b>Chicken Noodle Soup</b>	Three Bean and Kale
FRI	30-Mar	<b>Spicy Seafood and Corn Chowder</b>	Red Thai Vegetable

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Vegan Soup  
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MON	9-Apr	<b>Cream of Mushroom</b>	Three Bean and Kale
TUE	10-Apr	<b>Sweet Hellfire Chili</b>	Red Thai Vegetable
WED	11-Apr	<b>Hot and Sour Soup with Chicken</b>	B. Nut Squash with Quinoa and B. Beans
THU	12-Apr	<b>Black Bean soup</b>	Three Bean and Kale
FRI	13-Apr	<b>New England Clam Chowder</b>	Red Thai Vegetable
MON	16-Apr	<b>Garden Vegetable Soup</b>	Three Bean and Kale
TUE	17-Apr	<b>Corn Chowder</b>	Red Thai Vegetable
WED	18-Apr	<b>Beef, Barley and Kale</b>	B. Nut Squash with Quinoa and B. Beans
THU	19-Apr	<b>Baked Potato and Ham Chowder</b>	Three Bean and Kale
FRI	20-Apr	<b>Seafood Gumbo w/ Sausage</b>	Red Thai Vegetable
MON	23-Apr	<b>Corn Tortilla</b>	Three Bean and Kale
TUE	24-Apr	<b>Split Pea and Ham</b>	Red Thai Vegetable
WED	25-Apr	<b>Cream of Broccoli and Cheddar</b>	B. Nut Squash with Quinoa and B. Beans
THU	26-Apr	<b>Chicken Noodle Soup</b>	Three Bean and Kale
FRI	27-Apr	<b>Spicy Seafood and Corn Chowder</b>	Red Thai Vegetable
MON	30-Apr	<b>Butternut Squash Bisque</b>	Three Bean and Kale
TUE	1-May	<b>French Onion</b>	Red Thai Vegetable
WED	2-May	<b>Cauliflower and Cheddar Soup</b>	B. Nut Squash with Quinoa and B. Beans
THU	3-May	<b>Italian Wedding with Meatballs</b>	Three Bean and Kale

FRI	4-May	<b>Bahamian Fish Chowder</b>	Red Thai Vegetable	
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Vegan Soup  
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MON	7-May	<b>Cream of Mushroom</b>	Three Bean and Kale
TUE	8-May	<b>Sweet Hellfire Chili</b>	Red Thai Vegetable
WED	9-May	<b>Hot and Sour Soup with Chicken</b>	B. Nut Squash with Quinoa and B. Beans
THU	10-May	<b>Black Bean soup</b>	Three Bean and Kale
FRI	11-May	<b>New England Clam Chowder</b>	Red Thai Vegetable
MON	14-May	<b>Garden Vegetable Soup</b>	Three Bean and Kale
TUE	15-May	<b>Corn Chowder</b>	Red Thai Vegetable
WED	16-May	<b>Beef, Barley and Kale</b>	B. Nut Squash with Quinoa and B. Beans
THU	17-May	<b>Baked Potato and Ham Chowder</b>	Three Bean and Kale
FRI	18-May	<b>Seafood Gumbo w/ Sausage</b>	Red Thai Vegetable
MON	21-May	<b>Corn Tortilla</b>	Three Bean and Kale
TUE	22-May	<b>Split Pea and Ham</b>	Red Thai Vegetable

# Soup Allergy Facts

Soup contains....	Dairy	Gluten	Nuts	Fish	Shellfish	Soy	Egg	Pork	Soup is....	Vegan	Vegetarian
Beef Barley and Kale		yes				yes					
Black Bean Soup											yes
Butternut Squash Bisque	yes										yes
Chicken Noodle Soup	YES	yes				yes					
Cream of Mushroom	yes					yes					yes
French Onion Soup	yes	yes				yes					
Hot & Sour Chicken Soup	yes	yes				yes	yes				
Italian Wedding Soup	yes	yes				yes	yes	yes			
Minestrone and Pasta		yes								yes	
New England Clam Chowder	yes			yes	yes						
Roast Vegetable Bisque										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			
Thai Red Curry Veggie Soup										yes	
Tomato Basil Bisque										yes	
White Turkey Chili	yes	yes				yes					
Corn and Salmon Chowder	yes			yes	yes	yes					
Cream of Broccoli and Cheddar	yes	yes	nutmeg			yes					yes
Hellfire Chili								yes			
White Bean Squash										Yes	
Baked Potato	yes	yes				yes		yes			
Corn Tortilla										yes	
Bahamian Fish Chowder				yes	yes			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 Chicken-Seafood- Fish base

Last updated January 20 2017