

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

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

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

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

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

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

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

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

FRI	4-May	Bahamian Fish Chowder	Red Thai Vegetable	
-----	-------	------------------------------	--------------------	--

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

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