

Vegan Soup
Faculty Soup Club only

Soup by 10:00 am

THU	23-Aug	Beef, Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	24-Aug	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	27-Aug	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	28-Aug	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	29-Aug	Black Bean Soup	Vegitarian Barley and Kale	Butter Chicken, Paneer Palak
THU	30-Aug	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	31-Aug	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
TUE	4-Sep	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	5-Sep	Cream of Broccoli and Cheddar	Vegitarian Barley and Kale	Butter Chicken, Paneer Palak
THU	6-Sep	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	7-Sep	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	10-Sep	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	11-Sep	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	12-Sep	Cauliflower and Cheddar Soup	Vegitarian Barley and Kale	Butter Chicken, Paneer Palak
THU	13-Sep	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	14-Sep	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	17-Sep	Cream of Mushroom	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	18-Sep	Sweet Hellfire Chili	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	19-Sep	Hot and Sour Soup with Chicken	Vegitarian Barley and Kale	Butter Chicken, Paneer Palak
THU	20-Sep	Beef Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	21-Sep	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	24-Sep	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	25-Sep	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	26-Sep	Black Bean Soup	Vegitarian Barley and Kale	Butter Chicken, Paneer Palak
THU	27-Sep	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	28-Sep	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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MON	1-Oct	Corn Tortilla	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	2-Oct	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	3-Oct	Cream of Broccoli and Cheddar	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	4-Oct	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	5-Oct	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
WED	10-Oct	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	11-Oct	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	12-Oct	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	15-Oct	Cream of Mushroom	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	16-Oct	Sweet Hellfire Chili	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	17-Oct	Hot and Sour Soup with Chicken	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	18-Oct	Beef Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	19-Oct	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	22-Oct	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	23-Oct	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	24-Oct	Black Bean Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	25-Oct	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	26-Oct	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	29-Oct	Corn Tortilla	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	30-Oct	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	31-Oct	Cream of Broccoli and Cheddar	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	1-Nov	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	2-Nov	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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MON	5-Nov	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	6-Nov	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	7-Nov	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	8-Nov	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	9-Nov	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	12-Nov	Cream of Mushroom	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	13-Nov	Sweet Hellfire Chili	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	14-Nov	Hot and Sour Soup with Chicken	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	15-Nov	Beef Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	16-Nov	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	19-Nov	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	20-Nov	Corn Chowder		Chicken Tikka, Spicy Vegetable Curry
MON	26-Nov	Corn Tortilla	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	27-Nov	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	28-Nov	Cream of Broccoli and Cheddar	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	29-Nov	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	30-Nov	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	3-Dec	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	4-Dec	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	5-Dec	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	6-Dec	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	7-Dec	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	10-Dec	Cream of Mushroom	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	11-Dec	Sweet Hellfire Chili	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	12-Dec	Hot and Sour Soup with Chicken	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	13-Dec	Beef Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	14-Dec	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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			
Garden VegEtable										Yes	
New England Clam Chowder	yes			yes	yes						
Roast Vegetable Bisque										yes	
Cauliflower and Cheddar	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		yes			
Thai Red Curry Veggie Soup										yes	
Tomato Basil Bisque										yes	
Corn Chowder	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 and Ham Chowder	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 August 2017