

Soup by 10:00 am

Vegan Soup
Faculty Soup Club only

Curry

TUE	22-Jan	Beef Barley	Three Bean, Kale, and Cashew	Chicken Tikka, Spicy Vegetable Curry
WED	23-Jan	Wild Mushroom Bisque	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	24-Jan	French Onion	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	25-Jan	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	28-Jan	Hearty Vegetable	B. Nut Squash with Quinoa and B. Beans	Mango Chicken, Paneer Palak
TUE	29-Jan	Butternut Squash and Apple	Three Bean, Kale, and Cashew	Chicken Tikka, Spicy Vegetable Curry
WED	30-Jan	Italian Wedding	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	31-Jan	Tortilla Chicken Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	1-Feb	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	4-Feb	Organic Black Bean	B. Nut Squash with Quinoa and B. Beans	Mango Chicken, Paneer Palak
TUE	5-Feb	Beef Barley	Three Bean, Kale, and Cashew	Chicken Tikka, Spicy Vegetable Curry
WED	6-Feb	Wild Mushroom Bisque	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	7-Feb	French Onion	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	8-Feb	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	11-Feb	Hearty Vegetable	B. Nut Squash with Quinoa and B. Beans	Mango Chicken, Paneer Palak
TUE	12-Feb	Butternut Squash and Apple	Three Bean, Kale, and Cashew	Chicken Tikka, Spicy Vegetable Curry
WED	13-Feb	Italian Wedding	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	14-Feb	Tortilla Chicken Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	15-Feb	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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MON	18-Feb	Organic Black Bean	B. Nut Squash with Quinoa and B. Beans	Mango Chicken, Paneer Palak
TUE	19-Feb	Beef Barley	Three Bean, Kale, and Cashew	Chicken Tikka, Spicy Vegetable Curry
WED	20-Feb	Wild Mushroom Bisque	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	21-Feb	French Onion	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	22-Feb	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
WED	27-Feb	Black Bean Soup	B. Nut Squash with Quinoa and B. Beans	Butter Chicken, Paneer Palak
THU	28-Feb	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	1-Mar	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	4-Mar	Corn Tortilla	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	5-Mar	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	6-Mar	Cream of Broccoli and Cheddar	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	7-Mar	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	8-Mar	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	11-Mar	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	12-Mar	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	13-Mar	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	14-Mar	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	15-Mar	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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MON	18-Mar	Cream of Mushroom	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	19-Mar	Sweet Hellfire Chili	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	20-Mar	Hot and Sour Soup with Chicken	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	21-Mar	Beef Barley and Kale	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	22-Mar	New England Clam Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	25-Mar	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	26-Mar	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	27-Mar	Black Bean Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	28-Mar	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	29-Mar	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	8-Apr	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	9-Apr	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	10-Apr	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	11-Apr	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	12-Apr	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!

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MON	15-Apr	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	16-Apr	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	17-Apr	Black Bean Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	18-Apr	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	19-Apr	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	22-Apr	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	23-Apr	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	24-Apr	Black Bean Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	25-Apr	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	26-Apr	Seafood Gumbo w/ Sausage	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	29-Apr	Corn Tortilla	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	30-Apr	Split Pea and Ham	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	1-May	Cream of Broccoli and Cheddar	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	2-May	Chicken Noodle Soup	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	3-May	Spicy Seafood and Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
MON	6-May	Butternut Squash Bisque	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	7-May	French Onion	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	8-May	Cauliflower and Cheddar Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	9-May	Italian Wedding with Meatballs	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry

FRI	10-May	Mediterranean Seafood	B. Nut Squash with Quinoa and B. Beans	Friday Fun Day!
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MON	13-May	Garden Vegetable Soup	Three Bean, Kale, and Cashew	Mango Chicken, Paneer Palak
TUE	14-May	Corn Chowder	B. Nut Squash with Quinoa and B. Beans	Chicken Tikka, Spicy Vegetable Curry
WED	15-May	Black Bean Soup	Vegetarian Barley and Kale	Butter Chicken, Paneer Palak
THU	16-May	Baked Potato and Ham Chowder	Three Bean, Kale, and Cashew	Thai Chicken, Spicy Vegetable Curry
FRI	17-May	Seafood Gumbo w/ Sausage	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