

2018 Summer Soup Schedule

Day of Week	Soup	Serving Size	Garnish
Monday	Chicken with Kale and Quinoa (TF)	Cup 8 oz Bowl 12 oz	Shredded kale
	Matzo Ball		Fresh dill
	Tortellini Tomato (TF, V)		Chopped basil
Tuesday	Fire Roasted Veggie (TF, VE, GF)	Cup 8 oz Bowl 12 oz	Parsley, diced red peppers
	Matzo Ball		Fresh dill
	Lemon Chicken Rice (TF, LF, DF)		Chopped parsley
Wednesday	Lemon Chicken Rice (TF, LF, DF)	Cup 8 oz Bowl 12 oz	Chopped parsley
	Matzo Ball		Fresh dill
	Corn Chowder (TF, V)		Diced red peppers
Thursday	Chicken with Kale and Quinoa (TF)	Cup 8 oz Bowl 12 oz	Shredded kale
	Matzo Ball		Fresh dill
	Tortellini Tomato (TF, V)		Chopped basil
Friday	Lemon Chicken Rice (TF, LF, DF)	Cup 8 oz Bowl 12 oz	Chopped parsley
	Matzo Ball		Fresh dill
	Corn Chowder (TF, V)		Diced red peppers
Saturday	Fire Roasted Veggie (TF, VE, GF)	Cup 8 oz, Bowl 12 oz	Parsley, diced red peppers
Sunday	Chicken with Kale and Quinoa (TF)	Cup 8 oz, Bowl 12 oz	Shredded kale

TF-Trans Fat, V-Vegetarian, GF-Gluten Free, DF-Dairy Free, HF-High Fiber, VE-Vegan, LF-Low Fat