



# HOT SOUP SCHEDULE

ALL NATURAL SOUP SERVED DAILY!

EVERYDAY STARTING AT 10AM

## MONDAY

BEEF STEW  
CHICKEN & DUMPLINGS  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
LENTILS  
MARYLAND VEGETABLE  
CRAB  
QUINOA SWEET POTATO  
w/ BLACK BEANS  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
SEAFOOD CHOWDER  
THREE BEAN CHILI  
TOMATO SOUP w/  
GARDEN VEGETABLES  
WHITE CHICKEN CHILI  
w/ CILANTRO

## TUESDAY

BEEF STEW  
CARIBBEAN JERK CHICKEN  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
CHICKEN, VEGETABLES  
w/ RICE  
HUNGARIAN MUSHROOM  
LENTILS  
MOROCCAN LENTILS  
STEW w/ HARISSA  
NEW ENGLAND CLAM  
CHOWDER  
QUINOA SWEET POTATO  
ROASTED VEGETABLES  
TURKEY CHILI w/ BEANS  
WHITE BEAN ESCAROLE

## WEDNESDAY

BEEF STEW  
CHICKEN & DUMPLINGS  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
LENTILS  
QUINOA SWEET POTATO  
w/ BLACK BEANS  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
SEAFOOD CHOWDER  
THAI CHICKEN  
w/ RED CURRY  
THREE BEAN CHILI  
TOMATO SOUP w/  
GARDEN VEGETABLES  
WHITE CHICKEN CHILI  
w/ CILANTRO

## THURSDAY

BEEF STEW  
CARIBBEAN JERK CHICKEN  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
CHICKEN, VEGETABLES  
w/ RICE  
LENTILS  
MOROCCAN LENTILS STEW  
w/ HARISSA  
NEW ENGLAND CLAM  
CHOWDER  
QUINOA SWEET POTATO  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
TURKEY CHILI w/ BEANS  
WHITE BEAN ESCAROLE

## FRIDAY

ANGUS STEAK CHILI  
w/ BEANS  
BEEF STEW  
BLACK LENTILS w/  
ROASTED GARLIC  
CHICKEN & DUMPLINGS  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
LENTILS  
ORGANIC SPLIT PEA  
& KALE  
QUINOA SWEET POTATO  
w/ BLACK BEANS  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
THAI CHICKEN  
WHITE CHICKEN CHILI  
w/ CILANTRO

## SATURDAY

BEEF STEW  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
CHICKEN STEW  
LENTILS  
MOROCCAN LENTILS STEW  
w/ HARISSA  
ORGANIC SPLIT PEA &  
KALE  
QUINOA SWEET POTATO  
w/ BLACK BEANS  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
SHRIMP & SAUSAGE  
GUMBO  
TURKEY CHILI w/ BEANS  
WHITE BEAN ESCAROLE

## SUNDAY

BEEF STEW  
BLACK LENTILS w/  
ROASTED GARLIC  
CARIBBEAN JERK CHICKEN  
CHICKEN NOODLE  
CHICKEN & ROASTED  
CORN CHOWDER  
LENTILS  
NEW ENGLAND CLAM  
CHOWDER  
QUINOA SWEET POTATO  
w/ BLACK BEANS  
RED LENTILS w/ ZUCCHINI  
& SPINACH  
ROASTED VEGETABLES  
THREE BEAN CHILI  
TOMATO SOUP w/  
GARDEN VEGETABLES  
WHITE CHICKEN CHILI  
w/ CILANTRO



8OZ SOUP  
\$3.99



16OZ RICE \$2.49  
16OZ SOUP \$5.99



32OZ RICE \$3.49  
32OZ SOUP \$8.99

OCCASIONALLY SOUPS ON THE SCHEDULE  
MAY BE OUT OF STOCK FOR THE DAY.  
WE WILL THEN SUBSTITUTE WITH ANOTHER  
SOUP OPTION.

CRACKERS & SPOONS WILL BE AT THE FRONT END COUNTER.

ORGANIC BROWN RICE  
SERVED DAILY!

