<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
</table>
| 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 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 |
| 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 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 |
| Friday   | ANGUS STEAK CHILI w/ BEANS BEEF STEW  
CHICKEN & DUMPLINGS CHICKEN NOODLE  
CHICKEN & ROASTED CORN CHOWDER LENTILS  
MOROCCAN LENTILS STEW w/ HARISSA ORGANIC SPLIT PEA & KALE 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 |
| Saturday | BEEF STEW  
CHICKEN NOODLE  
CHICKEN & ROASTED CORN CHOWDER LENTILS  
MOROCCAN LENTILS STEW w/ HARISSA ORGANIC SPLIT PEA & KALE 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 |
| 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 SEAFOOD CHOWDER THAI CHICKEN w/ RED CURRY THREE BEAN CHILI TOMATO SOUP w/ GARDEN VEGETABLES WHITE CHICKEN CHILI w/ CILANTRO |

8OZ SOUP $3.99  
16OZ RICE $2.99  
32OZ RICE $3.49  
32OZ SOUP $8.99

Organic Brown Rice served daily!

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.