

SOUPS - 2024	Allergens	Dietary Info (V=vegetarian, VG = vegan, GF = gluten free)	Ingredients
10 Vegetable Minestrone	MILK, WHEAT	V	Water, Tomatoes, White Beans, Carrots, Onions, Zucchini, Yellow Squash, Tomato Paste, Orchiote Pasta (Durum Wheat Semolina, Niacin, Ferrous Lactate, Thiamine Mononitrate, Riboflavin, Folic Acid), Extra Virgin Olive Oil, Parmigiano Reggiano Cheese (Pasteurized Part-Skim Milk, Cheese Culture, Salt, Enzymes, Cellulose Powder, Potassium Sorbate to Protect Flavor), Spinach, Basil, Kale, Garlic, Balsamic Vinegar, Onion Powder, Garlic Powder, Kosher Salt, Parsley, White Sugar, White Pepper.
Baked Potato w/Bacon	MILK, WHEAT		Chicken Broth, Potatoes, Light Cream, Onions, Neufchatel Cheese (Pasteurized Milk and Cream, Cheese Culture, Salt, Carob Bean Gum), Contains 2% or less of: Butter (Cream, Salt), Celery, Corn Starch, Wheat Flour, Fruitwood Smoked Uncured Bacon With No Nitrites or Nitrates Added Except For Naturally Occurring Nitrates in Sea Salt and Celery Powder (Natural Pork, Water, Sea Salt, Turbinado Sugar, Maple Syrup, Natural Flavorings, Lactic Acid Starter Culture), Tomato Paste, Chives, Salt, Garlic (Garlic, Water), Hot Pepper Sauce (Distilled Vinegar, Red Pepper, Salt), Nisin Preparation and Spice.
Black Bean Soup		VG, GF	Black Beans, Corn, Red & Green Bell Peppers, Onions, Jalapeños, Garlic, Red Chili Peppers, Olive Oil, Smoked Paprika, Lime, Cilantro, Salt, Black Pepper, Cumin
Buffalo Chicken	EGG, MILK, SOY, WHEAT		Chicken Stock (Water, Chicken Stock, Natural Flavor, Salt, Chicken Fat), Half & Half (Milk, Cream), Chicken Breast, Potato, Cayenne Pepper Sauce (Aged Cayenne Red Peppers, Vinegar, Water, Salt, Garlic Powder), Pasteurized Prepared Cheese Product (Cheddar Cheese [Pasteurized Milk, Cheese Culture, Salt, Enzymes], Whey, Milk Protein Concentrate, Milkfat, Whey Protein Concentrate, Sodium Phosphate, Calcium Phosphate, Salt, Sodium Alginate, Lactic Acid, Sorbic Acid, Apocartenal Color, Annatto Color), Chicken Thigh, Onion, Blue Cheese Dressing (Soybean Oil, Blue Cheese [Cultured Pasteurized Milk, Salt, Enzymes, Penicillium Roqueforti Natamycin], Distilled Vinegar, Water, Egg Yolk, High Fructose Corn Syrup, Contains Less Than 2% Of Salt, Natural Flavor, Monosodium Glutamate, Mustard Flour, Propylene Glycol Alginate, Xanthan Gum, Onion, Garlic), Celery, Carrot, Wheat Starch, Modified Food Starch, Canola Oil, Garlic, Sea Salt, Natural Butter Flavor, Nisin.
Cheli's Chili		GF	Beef, Water, Diced Tomatoes (Tomatoes, Tomato Juice, Salt, Citric Acid, Calcium Chloride), Dark Red Kidney Beans (Kidney Beans, Water, Sugar, Calcium Chloride, Disodium Edta [To Preserve Color]), Tomato Paste, Onions, Green Peppers, Celery, Salt, Flavorings, Coloring, Chili Powder (Chili Pepper, Salt, Spices, Garlic), Brown Sugar, Garlic Powder.
Chicken Lemon Rice	MILK, SOY, WHEAT		Rice, Chicken, Seasoning, Water, Salt, Less than 2% of Cream of Chicken (Chicken Broth [Water, Chicken Stock], Modified Corn Starch, Chicken Fat, Seasoned Chicken, Vegetable Oil [Corn, Canola and/or Soybean], Wheat Flour, Salt, Cream, Yeast Extract, Modified Milk Ingredients, Soy Protein Concentrate, Onion Powder, Vinegar, Beta Carotene, Flavour [Contains Celery]).
Chicken Tortilla		GF	Chicken Stock (Water, Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth), Tomato Puree (Water, Tomato Paste, Citric Acid), Chicken Breasts, Green Bell Peppers, Onions, Tortilla Chips (Whole Grain Corn Masa Flour, Sunflower And/Or Safflower Oil, Sea Salt), Chicken Thighs, Garlic, Chipotle Peppers In Adobo (Chipotle Peppers, Water, Tomato Paste, Salt, Sugar, Onion, Acetic Acid), Canola Oil, Spices, Corn Starch, Extra Virgin Olive Oil, Lime Juice Concentrate, Granulated Sugar.
Dahl Soup		GF, VG	Water, Channa Dahl (Yellow Split Peas), Curry spices, Sherry, Sugar.
Dill Pickle Soup	MILK		Potatoes, Carrots, Cucumbers (Pickles), Sour Cream, Onions, Celery, Garlic, Dill, Chicken (Contains Chicken Stock), Vinegar, Olive Oil, Salt, Black Pepper, Allspice, Thyme
Housemade Chicken Noodle	EGG, MILK, SOY, WHEAT		Water, Cooked Enriched Egg Noodles (Water, Semolina [Wheat], Eggs, Niacin, Ferrous Sulfate [Iron], Thiamine Mononitrate, Riboflavin, Folic Acid), Cooked White Meat Chicken (Chicken, Water, Potassium Lactate, Sodium Triphosphosphate, Salt), Onions, Carrots, Celery, Chicken Base (Chicken Meat, Chicken Juices, Salt, Hydrolyzed Soy Protein, Natural Flavorings, Sugar, Potato Flour, Turmeric [Color], Carrot Powder), Butter (Pasteurized Cream, Salt), Modified Cornstarch, Sugar, Granulated Garlic, Wpices, Xanthan Gum, Lemon Juice Concentrate)
Italian Wedding	EGG, MILK, WHEAT		Chicken Stock (Water, Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth), Meatballs (Beef, Water, Egg Whites, Bread Crumbs [Wheat Flour], Romano Cheese [Pasteurized Cow'S And Sheep'S Milk, Rennet, Salt, Cheese Cultures, Enzymes], Dehydrated Onion, Dried Cane Sugar, Salt, Natural Flavors), Spinach, Onions, Celery, Enriched Pasta (Semolina [Wheat], Egg Whites, Niacin, Ferrous Sulfate, Thiamine Mononitrate, Riboflavin, Folic Acid), Parmesan Cheese (Pasteurized Cow'S Milk, Cheese Culture, Salt, Enzymes), Corn Starch, Sea Salt, Canola Oil, Onion, Powder, Spices, Maltodextrin, Dextrose, Guar Gum, Xanthan Gum, Extra Virgin Olive Oil, Carrot Powder (Carrot, Rice Hull), Yeast Extract.
Lobster Bisque	MILK, SHELLFISH (LOBSTER, SHRIMP), SOY, WHEAT		Milk (Milk, Vitamin D3 Added), Water, Whipping Cream, Lobster Meat, Butter (Cream, Salt), Sherry Wine (Sherry Wine, Salt, Potassium Sorbate [Preservative], Potassium Metabisulfite [Added To Protect Color]), Enriched Flour (Bleached Wheat Flour, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Contains Less Than 2% Tomato Paste, Lobster Base (Lobster, Salt, Lobster Concentrate [Water, Lobster, Salt], Tomato Paste, Natural Starch, Chicken Base (Chicken Meat, Including Natural Chicken Juices, Salt, Hydrolyzed Soy Protein, Natural Flavorings, Sugar, Potato Flour, Turmeric [Color], Carrot Powder), Sugar, Salt, Turmeric (Color), Annatto (Color), Color (Water, Propylene Glycol, Red 40, Red 3, Propylparaben [Preservative])).
Moroccan Lentil		GF, VG	Red Lentil, Carrot, Onion, Celery, Sweet Potatoes, Potatoes, Garlic, Seasoning, Water, Salt.
New England Clam Chowder	MILK, SHELLFISH (CLAM), WHEAT		Half & Half (Milk, Cream), Clams (Clam Juice, Clams, Salt, Sodium Triphosphate, Autolyzed Yeast Extract, Clam Flavor, Dextrose, Calcium Disodium Edta, Disodium Inosinate, Guanylate), Clam Stock (Water, Cooked Clams In Natural Juices, Salt, Natural Flavoring, Butter (Pasteurized Cream, Salt), Dehydrated Potatoes, Dextrose, Onion Powder, Maltodextrin, Disodium Inosinate, Disodium Guanylate), Potatoes, Onions, Wheat Starch, Canola Oil, Modified Food Starch, Clam Broth (Dehydrated Clam Broth, Maltodextrin), Sea Salt, Granulated Garlic, Black Pepper.

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<b>Shrimp &amp; Corn Chowder</b>	FISH (COD), MILK, SHELLFISH (SHRIMP), WHEAT		Shrimp Stock (Water, Cooked Shrimp, Salt, Natural Flavoring, Butter (Pasteurized Cream, Salt), Autolyzed Yeast Extract, Maltodextrin, Dextrose, Dehydrated Potatoes, Codfish Powder, Onion Powder, Sugar, Garlic Powder), Creamed Corn (Water, Corn, Cane Sugar, Cornstarch, Sea Salt), Shrimp, Cream, Corn, Potatoes, Red Bell Peppers, Butter (Cream, Salt), Onions, Carrots, Enriched Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Cornstarch, Scallions, Sea Salt, Onion Powder, Maltodextrin, Dextrose, Spices, Carrot Powder, (Carrot, Rice Hull), Yeast Extract, Blackened Red Fish Seasoning (Salt, Spices, Paprika, Garlic, Onion), Xanthan Gum, Granulated Garlic.
<b>Southwest 3 Bean Vegetable</b>	WHEAT	VG	Tomato (Tomatoes, Tomato Puree, Salt, Citric Acid), Kidney Beans (Dark Kidney Beans, Water, Salt, Calcium Chloride), Vegetable Stock (Water, Sea Salt, Onion Powder, Maltodextrin, Dextrose, Yeast Extract [Yeast Extract, Salt], Carrot Powder, Celery Seed, White Pepper, Turmeric), White Beans (Beans, Water, Salt, Calcium Chloride), Pinto Beans (Pinto Beans, Water, Salt, Calcium Chloride), Onion, Celery, Corn, Tomato Paste (Tomatoes, Citric Acid), Carrot, Suntan Pepper, Red Bell Pepper, Flour (Unbleached Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Canola Oil, Jalapeño Peppers (Jalapeño Peppers, Water, Vinegar, Salt, Calcium Chloride, Garlic), Chili Powder, Spices, Granulated Garlic, Ground Red Pepper, Citric Acid.
<b>Split Pea with Ham Stewed Cabbage</b>		GF	Chicken Stock (Water, Roasted Chicken Meat, Salt, Chicken Fat, Dextrose, Sugar, Natural Flavoring, Chicken Broth), Split Green Peas, Onion, Carrot, Ham (Pork, Water, Salt, Maple Syrup, Turbinado Sugar, Celery Powder, Cherry Powder, Vinegar, Lemon Juice Concentrate), Sea Salt, Black Pepper, Smoke Flavor.
<b>Stuffed Pepper w/Beef</b>	SOY, WHEAT	GF, VG	Cabbage, Carrots, Celery, Green Beans, Garlic, Onions, Tomatoes, Water, Spices.
<b>Tomato Basil</b>	MILK	GF, V	Water, Green Bell Peppers, Tomatoes (Diced Tomatoes, Tomato Juice, Salt, Calcium Chloride, Citric Acid, Cooked Ground Beef, Tomato Paste, Long Grain Rice (Long Grain Rice Enriched With Iron Phosphate, Niacin, Thiamine Mononitrate, Folic Acid), Onions, Contains Less Than 2% Of Beef Au Jus Concentrate (Beef Stock, Salt, Natural Flavoring, Yeast Extract, Beef Fat, Caramel Color, Cornstarch, Sodium Phosphate, Onion Powder, Soy Sauce [Water, Soybeans, Wheat, Salt], Lactic Acid, Modified Potato Starch, Disodium Inosinate & Disodium Guanylate, Potato Starch, Beet Powder, Garlic Powder, Corn Syrup, Solids), Salt, Granulated Garlic, Granulated Onion, Spices, Sugar.
<b>Turkey Chili</b>		GF	Tomato (Tomatoes, Tomato Puree, Salt, Citric Acid), Water, Heavy Cream, Tomato Paste (Tomato, Citric Acid), Basil, Sugar, Canola Oil, Cornstarch, Onion Powder, Sea Salt, Natural Butter Flavor (Whey, Butter Oil, Salt, Sugar, Guar Gum), Yeast Extract (Yeast Extract, Salt), White Pepper, Caramel Color.
<b>Tuscan Bean &amp; Sausage</b>	SOY	GF	Tomato (Tomatoes, Tomato Puree, Salt, Citric Acid), Ground Turkey, Kidney Beans (Dark Red Kidney Beans, Water, Salt, Calcium Chloride), Vegetable Stock (Water, Sea Salt, Onion Powder, Maltodextrin, Dextrose, Yeast Extract [Yeast Extract, Salt], Carrot Powder, Celery Seed, White Pepper, Turmeric), White Beans (Great Northern Beans, Water, Salt, Calcium Chloride, Pinto Beans (Pinto Beans, Water, Salt, Calcium Chloride), Celery, Corn, Onion, Tomato Paste (Tomatoes, Citric Acid), Suntan Pepper, Carrot, Red Bell Pepper, Canola Oil, Cornmeal, Jalapeno Peppers (Jalapeno Peppers, Water, Vinegar, Salt, Calcium Chloride, Garlic), Spices, Chili Powder, Granulated Garlic, Citric Acid, Ground Red Pepper.
<b>Vegan Chili</b>	SOY	GF, VG	Water, Great Northern Beans (Beans, Water, Salt, Calcium Chloride), Hot Italian Sausage (Pork, Water, Salt, Spices, Bha, Bht, Citric Acid), Onions, Fennel, Soybean Oil, Kale, Carrots, Contains Less Than 2% Of Cornmeal (Degerminated Yellow Corn Meal, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Chicken Base (Chicken Meat Including Natural Chicken Juices, Salt, Hydrolyzed Soy Protein, Natural Flavorings, Sugar, Potato Flour, Turmeric [Color], And Carrot Powder), Beef Base (Roasted Beef Including Beef Juices, Salt, Hydrolyzed Vegetable Protein [Soy, Corn], Maltodextrin, Yeast Extract, Sugar, Potato Flour, Beef Flavor, Natural Flavor, Caramel Color), Modified Corn Starch, Sugar, Granulated Garlic, Spices.
<b>Shrimp &amp; Corn Chowder</b>	FISH (COD), MILK, SHELLFISH (SHRIMP), WHEAT		Tomatoes, Cooked Pinto Beans, Soy Protein Crumbles (Water, Soy Protein Concentrate, Canola Oil, Yeast Extract, Caramel Color, Salt, Distilled White Vinegar, Xanthan Gum, Onion, Garlic, Green Cabbage, Mushroom, Black Pepper, Ginger), Green Bell Peppers, Red Bell Peppers, Vegetable Stock (Water, Carrots, Onions, Celery, Salt, Sugar, Corn Oil, Potato Flour, Carrot Powder), Onions, Contains 2% or less of: Tomato Paste, Garlic, Water, Modified Corn Starch, Lime Juice, Cilantro, Jalapeno Peppers, Vegetable Base (Vegetables (Carrots, Tomatoes, Onions, Potatoes, Garlic), Sea Salt, Dextrose, Cane Sugar, Canola Oil, Spices, Turmeric), Distilled Vinegar, Garlic Powder, Salt, Nisin Preparation and Spices.