

Soups - Spring 2019

Item	Serving	Calories	Cal From Fat	Total Fat (g)	Sat Fat (g)	Trans Fat (g)	Cholesterol (mg)	Sodium (mg)	Total Carb (g)	Fiber (g)	Sugar (g)	Protein (g)	V/Vg?	Allergens:
Southwest Vegetarian Chili	8oz	150	20	2	0	0	0	780	27	10	5	6	Vg	wheat
	16oz	300	40	4	0	0	0	1560	54	20	10	12		
Poblano w/ White Cheddar	8oz	310	230	25	15	0.5	80	860	14	1	5	8	V	milk, gluten-free
	16oz	620	460	50	30	1	160	1720	28	2	10	16		
Butternut Squash	8oz	160	60	7	5	0	25	710	22	2	7	2	V	milk
	16oz	320	120	14	10	0	50	1420	44	4	14	4		
Bean Medley	8oz	110	0	0.5	0	0	0	730	33	5	4	5	Vg	
	16oz	220	10	1	0	0	0	1460	66	10	8	10		
Broccoli Cheddar	8oz	260	190	21	7	0	30	970	10	2	4	8	V	milk
	16oz	520	380	42	14	0	60	1940	20	4	8	16		
Minestrone	8oz	150	45	5	0.5	0	0	940	21	3	10	4	V	eggs, milk, wheat
	16oz	300	90	10	1	0	0	1880	42	6	20	8		
Red Pepper Gouda	8oz	300	200	22	9	0.5	40	900	18	4	13	7	V	milk, soy, wheat
	16oz	600	400	44	18	0	80	1800	36	8	26	14		
Red Potato Cheese Chowder	8oz	170	90	10	6	0	30	930	16	1	2	4	V	milk, wheat, soy
	16oz	340	180	20	12	0	60	1860	32	2	4	8		
Carrot Parsnip and Ginger	8oz	130	40	4.5	2.5	0	15	830	21	4	12	2	V	milk
	16oz	260	80	9	5	0	30	1660	42	8	24	4		
Creamy Cauliflower, Quinoa, and Fontina	8oz	230	100	11	6	0.5	35	880	23	3	2	9	V	milk, contains gelatin
	16oz	460	200	22	12	1	70	1760	46	6	4	18		
Tomato basil Bisque	8oz	260	160	18	5	0	25	710	22	4	16	3	V	milk, wheat, contains pork
	16oz	520	320	36	10	0	50	1420	44	8	32	6		
Vegetable Beef	8oz	110	15	1.5	0.5	0	10	1060	17	3	5	7		wheat, contains gelatin
	16oz	220	30	3	1	0	20	2120	34	6	10	14		
Chicken and Dumplings	8oz	190	90	10	2.5	0	50	990	18	1	2	7		EGGS, MILK, SOY, WHEAT
	16oz	380	180	20	5	0	100	1980	36	2	4	14		
Chicken Noodle	8oz	80	15	1.5	0.5	0	15	1020	12	1	3	5		eggs, soy, wheat, contains mustard
	16oz	160	30	3	1	0	30	2040	24	2	6	10		
Spicy Thai Chicken	8oz	190	120	13	5	0	30	670	15	1	3	4		fish, milk, shellfish, soy, tree nuts, wheat
	16oz	380	240	26	10	0	60	1340	30	2	6	8		
Buffalo Chicken w/ Beu Cheese	8oz	250	160	18	5	0	40	810	12	1	2	9		milk, soy, wheat
	16oz	500	320	36	10	0	80	1620	24	2	4	18		
Chicken Tequila Fiesta	8oz	250	140	16	9	0.5	50	800	20	2	3	7		milk, soy
	16oz	500	280	32	18	1	100	1600	40	4	6	14		
New England Clam Chowder	8oz	330	220	24	14	1	80	790	20	0	4	9		fish, shellfish, milk, contains pork
	16oz	660	440	48	28	2	160	1580	40	0	8	18		
Italian Wedding	8oz	130	40	4.5	1.5	0	10	990	16	1	2	7		milk, soy, wheat
	16oz	260	80	9	3	0	20	1980	32	2	4	14		
Fully Loaded Potato	8oz	350	200	22	10	0.5	50	870	26	2	2	12		milk, contains pork
	16oz	700	400	44	20	1	100	1740	52	4	4	24		
Chicken Tortilla	8oz	130	45	5	1	0	15	880	17	4	4	5		soy
	16oz	260	90	10	2	0	30	1760	34	8	8	10		
Chicken Gumbo	8oz	130	30	3	1	0	10	990	18	2	3	8		Soy, wheat, cpntains gelatin
	16oz	260	60	6	2	0	20	1980	36	4	6	16		
Chicken Corn Chowder w/ Sweet Peppers	8oz	190	90	10	2.5	0	20	860	20	2	4	6		egg, milk, soy
	16oz	380	180	20	5	0	40	1720	40	4	8	12		
Crab Bisque w/ Sherry	8oz	360	270	30	12	0.5	85	940	12	0	5	10		shellfish, milk, soy, wheat
	16oz	720	540	60	24	1	170	1880	24	0	10	20		
Lobster Bisque w/ Sherry	8oz	400	310	35	10	0.5	75	990	13	0	6	7		fish, milk, shellfish, soy, wheat
	16oz	800	620	70	20	1	150	1980	26	0	12	14		
Shrimp Corn Bisque	8oz	290	140	16	6	0	50	920	31	2	7	6		shellfish, fish, milk, wheat
	16oz	580	280	32	12	0	100	1840	62	4	14	12		
Mushroom Brie w/ Madeira	8oz	370	310	34	8	1	45	690	12	2	4	4		milk, soy, wheat, contains mustard
	16oz	740	620	68	16	2	90	1380	24	4	8	8		
Baha Style Chicken Enchilada	8oz	280	150	17	5	0	30	1320	24	4	7	8		milk, soy
	16oz	560	300	34	10	0	60	2640	48	8	14	16		
French Onion	8oz	80	35	4	1	0	less than 5mg	900	7	1	4	4		milk, soy, wheat, contains beef, gelatin
	16oz	160	70	8	2	0	10	1800	14	2	8	8		
Beef Chili	8oz	190	70	8	3.5	0.5	30	850	17	4	6	12		soy, wheat
	16oz	380	140	16	7	1	60	1700	34	8	12	24		