



## **SOUPS**

### **VEGETARIAN**

#### Broccoli Cheddar

Vegetable broth, broccoli, potatoes, onions, Cheddar cheese, cream, canola & olive oil, herbs & spices.

#### Butternut Bisque

Vegetable broth, butternut & banana squash, leeks, white wine, salt, garlic, herbs & spices

#### Cornorzo

Vegetable broth, corn, semolina pasta, bell peppers, tomatoes, cheese (Mozzarella, Cheddar, Provolone) Jalapeno peppers, onions, salt cilantro, herbs & spices.

#### Cream of Spinach

Vegetable broth, spinach, potatoes, carrots, onions, celery unbleached white flour, milk, salt, butter, herbs & spices.

#### Mexicali Rice

Vegetable broth, tomatoes, pinto beans, bell peppers, brown rice, sour cream, corn tortillas, onions, cilantro, salt, herbs & spices.

#### Minestrone Tortellini

Vegetable broth, tomatoes, celery, cabbage, potatoes, spinach and cheese tortellini, zucchini, carrots, garbanzo beans, kidney beans, parsley, onions, garlic, salt, herbs & spices.

#### Potato Cheese

Vegetable broth, potatoes, cheddar cheese, onions, enriched wheat flour, parsley, butter, salt, herbs & spices.

#### Red Potato Leek

Vegetable broth, potatoes, leeks, onions, enriched wheat flour, parsley, butter, salt, herbs & spices.

#### Tomato Bisque

Tomatoes, water, cream, rice, onions, green onions, brown sugar, butter, garlic, salt, herbs & spices.

#### Tomato Cabbage

Vegetable broth, tomatoes, cabbage, tomato paste, lemon juice, brown sugar, cheddar cheese, onions, salt, herbs & spices.

#### Tomato Rice

Vegetable broth, red lentils, tomato paste, tomatoes, milk, brown rice, cheddar cheese, onions, salt, herbs & spices.

### **VEGAN**

#### Lentil

Vegetable broth, lentils, potatoes, carrots, celery, red wine, red wine vinegar, onions, brown sugar, parsley, salt, herbs & spices.

#### Lentil Rice

Vegetable broth, red lentils, onions, celery, brown rice, brown rice Miso, garlic, salt and spices.

#### Minestrone

Vegetable broth, tomatoes, pinto beans, zucchini, bell peppers, onions, semolina pasta, brown sugar, salt, herbs & spices.

#### New American Stew

Vegetable broth, tomatoes, cabbage, celery, zucchini, onions, bell peppers, kidney beans, garbanzo beans, black beans, brown sugar, canola & olive oil, salt, spices and herbs.

#### Ratatouille

Vegetable broth, tomatoes, eggplant, onions, zucchini, tomato paste, red wine vinegar, olive oil, salt, garlic, brown sugar, herbs & spices.

#### Split Pea

Vegetable broth, split peas, tomatoes, potatoes, carrots, celery, red wine vinegar, parsley, onions, salt, herbs & spices.

#### Three Bean Chili

Water, beans (black, pinto and kidney), tomatoes, onions, bell peppers, canola oil, molasses, salt, lemon juice, red wine vinegar, garlic, herbs & spices.

#### Tomato Lentil

Vegetable broth, tomatoes, lentils, celery, bell peppers, carrots, spinach, onions, garlic, salt, herbs & spices.

#### Veggie Barley

Vegetable broth, tomatoes, cabbage, celery, potatoes, carrots, spinach, and corn in a veggie broth.

#### Veggie Stew Hot & Spicy

Vegetable broth, carrots, pinto beans, onions, bell peppers, Jalapeno peppers.



## **ORGANIC**

### Cuban Black Bean

Filtered water, organic black beans, organic onions, red bell peppers, organic garlic, sea salt, expeller pressed safflower oil, herbs & spices.

### Moroccan Red Lentil

Filtered water, organic onions, organic red lentils, organic carrots, expeller pressed safflower oil, sea salt, organic garlic & spices.

### Prima Minestrone

Filtered water, organic tomatoes, organic onions, organic carrots, kidney beans organic celery, marcaroni (dsemolina, whole egg, niacin, iron, thiamine, riboflavin, folic acid) expeller pressed safflower oil, organic garlic, sea salt, organic evaporated cane juice, herbs & spcies.

### Cashew Carrot Ginger

Filtered water, organic carrots, organic onions, organic cashews, organic evaporated cane juice, sea salt, lemon juice, expeller pressed safflower oil, ginger root, herbs & spices.

## **MEAT AND MEAT BROTH**

### Chicken Cacciatore

Chicken Broth, tomatoes, semolina pasta, mushrooms, chicken (less than 2%), wine, salt, garlic, herbs & spices.

### Clam Chowder

Water, clams and clam juice, cream, potatoes, celery, wheat flour, lemon (less than 2%) onions, sherry wine, butter, salt, herbs & spices.

### Corn Chowder

Chicken broth, corn, cream, potatoes, enriched wheat flour, carrots, bell peppers, butter, salt, brown sugar, herbs & spices.

### Gumbo with Turkey Sausage

Chicken broth, tomatoes, bell peppers, celery, turkey sausage, brown rice

### Meatball Minestrone

Beef broth, tomatoes, red beans, carrots, semolina pasta, celery, spinach, ground beef (less than 2%), bread crumbs, eggs, salt, herbs & spices.

### Split Pea w/Bacon

Water, split peas, celery, potatoes, bacon, onions, salt, parsley, garlic, mustard, herbs & spices.

### Noodle with Chicken

Chicken broth, celery, carrots, egg noodles, chicken (less than 2%), salt, herbs & spices.

### Vegetable with Chicken

Chicken broth, brown rice, celery, carrots, chicken (less than 2%), enriched wheat flour, parsley, salt, dried onions, herbs & spices.

### Wild Rice & Pesto with Turkey

Turkey broth, brown and wild rice, zucchini, carrots, red peppers, onions, turkey (less than 2%), pesto sauce (canola & olive oil, fresh basil, Parmesan cheese, parsley, garlic, salt), herbs & spices.

## **SALADS**

### Black Bean

Black beans, corn, bell peppers, canola & olive oil, red wine vinegar, green onions, cilantro, Tabasco sauce, salt, garlic, herbs & spices.

### Buttons and Bows

Egg noodles, carrots, sun dried tomatoes, mushrooms, fresh basil, olive and canola oil, bell peppers, Balsamic vinegar, garlic, green onions, sun-dried tomatoes, salt, parsley, herbs & spices.

### Cran Raisin

Brown rice, green onions, couscous, almonds, red wine vinegar, dried cranberries, raisins, wild rice, honey, sesame seeds, lemon juice, garlic, herbs & spices.

### Fresh Bean

Garbanzo, white, black, red and kidney beans, canola & olive oil, red wine vinegar, bell peppers, onion, salt, garlic & spices.

### Greek Salad

Cucumber, zucchini, bell peppers, onions, Kalamata olives, Feta cheese, canola & olive oil, Tarragon vinegar, rice wine vinegar, mustard, brown sugar, herbs & spices.

### Indonesian Two Rice

Brown rice, rice wild vinegar, wild rice, snow peas, raisins, green onions, peanuts, bell peppers, garlic, soy sauce, lime juice, ginger, cilantro, sesame oil, salt & spices.

### Mediterranean

Semolina pasta, pesto sauce (fresh basil, canola-olive oil mix, almonds parsley, Parmesean cheese, garlic and salt), Kalamata olives, Feta cheese, red wine vinegar, sun-dried tomatoes, shallots, garlic, salt, herbs & spices.



### Orecchiette Pasta

Semolina pasta, spinach, olives, tofu, canola & olive oil, roasted red peppers, capers, garlic, salt & herbs.

### Roasted Corn and Rice

Corn, brown rice, vinegar (tarragon, rice wine, Balsamic), green onions, almonds, wild rice, canola & olive oil, parsley, red bell peppers, Dijon mustard, brown sugar & spices.

### Rosemarina

Semolina pasta, eggplant, canola oil, raisins, brown and wild rice, green onions, parsley, salt & spices.

### Szechuan Pasta salad with Chicken

Semolina pasta, mayo, soy sauce, snow peas, celery, carrots, chicken (less than 2%), green onions, bell peppers, canola oil, cilantro, sesame oil, mustard, spices.

### Tabouli

Cracked wheat, cherry tomatoes, parsley, green onions, lemon juice, canola & olive oil, olives, celery, mint, salt & spices.

## **BAKED ENTREES**

### Big Enchilada

Corn tortillas, mozzarella, ricotta, cheddar, and provolone cheese, tomatoes, bell peppers, black beans, Jalapeno peppers, green onions, chili peppers, enriched wheat flour, cilantro, onions, garlic, salt, herbs & spices.

### Cheese Enchiladas

Monterey jack cheese, corn tortilla, tomatoes, canola oil, pasilla peppers, wheat flour, California peppers, salt, garlic & spices.

### Cheese Lasagna

Semolina pasta, ricotta, mozzarella, fontina, parmesan provolone and cheddar cheese, tomatoes, spinach, onions, canola & olive oil, fresh basil, almonds, parsley, garlic, salt, brown sugar, herbs & spices.

### Eggplant Parmesan

Roasted eggplant, tomatoes, cheddar, mozzarella, parmesan and provolone cheese, canola & olive oil, onions, bread crumbs, garlic, brown sugar, salt, herbs & spices.

### Macaroni and Cheese

Semolina pasta (macaroni), cheddar, mozzarella, and provolone cheese, enriched wheat flour, salt, Tabasco sauce, herbs & spices.

### Penne Pasta

Semolina pasta, tomatoes, bell pepper, onions, havarti cheese, parmesan cheese, canola & olive oil, parsley, red wine vinegar, garlic, salt, red wine, brown sugar, herbs & spices.

### Pesto Spinach Lasagna

Semolina pasta, tomatoes, ricotta, cheddar, mozzarella, parmesan, and provolone cheese, spinach, onions, almonds, parsley, garlic, salt, brown sugar, herbs & spices.

### Veggie Lasagna

Tomatoes, semolina pasta, cheese (ricotta, mozzarella, parmesan, provolone, cheddar), bell peppers, carrots, zucchini, broccoli, mushrooms, cauliflower, onions, parsley, olive oil, red wine vinegar, brown sugar, red wine, garlic, salt, herbs & spices.

### Viva Spinach Enchilada

Whole-wheat tortilla, spinach, tomato sauce, brown rice, soymilk, tomatoes, onions, canola oil, whole wheat flour, salt, garlic, jalapeno peppers, herbs & spices.

### Tamale Pie

Corn, milk, bell peppers, corn meal, tomatoes, beans (black, pinto, kidney) olives, cheese, onions, cheddar, mozzarella, and provolone cheeses, canola oil, molasses, salt, lemon juice, red wine vinegar, garlic, herbs & spices.

## **WRAPS AND BURRITOS**

### Bombay Wrap

Flour tortillas, potatoes, tomatoes, zucchini, bell peppers, carrots, broccoli, cauliflower, green onions, canola oil, ginger, garlic, jalapeno peppers, cilantro, salt, brown sugar, herbs & spices.

### Black Bean Burrito

Flour tortilla, black beans, tomatoes, brown rice, sour cream, cheddar cheese, canola oil, bell peppers, corn, red wine vinegar, Jalapeno peppers, green onions, cilantro, onions, Tabasco sauce, salt, garlic, herbs & spices.

### Brown Rice Burrito

Whole wheat tortilla, brown rice, tomatoes, cheddar cheese, sour cream, black, pinto and kidney beans, onions, bell peppers, Jalapeno peppers, cilantro, canola oil, molasses, salt, lemon juice, red wine vinegar, herbs & spices.

### Brown Rice Burrito w/ Chicken

Flour tortilla, brown rice, sour cream, black, kidney, and pinto beans, cheddar cheese, onions, jalapeno peppers, bell peppers, chicken (less than 2%), cilantro, canola oil, molasses, salt, red wine vinegar, lemon juice, garlic, herbs & spices.



#### Brown Rice Burrito w/ Veggies

Whole wheat tortilla, tomatoes, brown rice, bell peppers, sour cream, black, kidney, pinto beans, cheddar cheese, zucchini, cauliflower, carrots, broccoli, onions, cilantro, canola oil, molasses, salt, red wine vinegar, lemon juice, garlic, herbs & spices.

#### Breakfast Wrap

Flour tortillas, potatoes, eggs, onions, bell peppers, chili peppers, butter, enriched wheat flour, garlic, canola oil, herbs & spices.

#### Gaza Wrap

Flour tortillas, cabbage, falafel, tomatoes, cracked wheat, (garbanzo beans, parsley, sesame seeds & spices), parsley, green onions, lemon juice, olives, celery, canola & olive oil, mint, salt and spices.

#### Indo Wrap

Vegan, Flour tortilla, peanut butter, brown rice, rice wine vinegar, wild rice, snow peas, raisins, green onions, garlic, soy sauce, lime juice, ginger, cilantro, sesame oil, salt & spices.

#### Manila Wrap

Flour tortilla, tofu, jicama, garbanzo beans, carrots, cabbage, green beans, onions, cilantro, canola oil, soy sauce, peanut butter, Sherry, brown sugar, garlic, salt & spices.

### **QUICHE**

#### Artichoke Sundried Tomato Quiche

Artichokes, milk, eggs, mozzarella, gruyere, provolone and cheddar cheese, wheat flour, margarine, butter, sun dried tomatoes, shallots, salt, herbs & spices.

#### Lorraine Quiche

Gruyere, mozzarella, provolone, and cheddar cheese, eggs, enriched wheat flour, margarine, butter, bacon (less than 2%), salt & spices.

#### Mixed Veggie Quiche

Gruyere, mozzarella, provolone and cheddar cheese, eggs, zucchini, milk, enriched wheat flour, bell peppers, cauliflower, carrots broccoli, margarine, butter, salt, herbs & spices.

#### Pesto Spinach Quiche

Ricotta, gruyere, mozzarella, provolone, cheddar and Parmesan cheese, enriched wheat flour, margarine, butter, canola & olive oil, salt, fresh basil, parsley, eggs, milk, tomatoes, almonds, onions, brown sugar, herbs & spices.

#### Spinach Ricotta Pie

Ricotta and cheddar cheese, enriched wheat flour, spinach, eggs, onions, margarine, butter, salt, herbs & spices.