

# Soup Cycle

2018

## JANUARY

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## FEBRUARY

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

## MARCH

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Beef Mushroom Barley	Italian Wedding Soup	Chicken Double Noodle	Chili Con Carne	Chicken & Rice Soup
	Black Bean Soup	Curried Tomato Lentil Soup	Vegetable Rice Soup	Roasted Corn with Potato	Sweet Tomato Soup
Week 2	Cheddar Bacon Potato	Chicken & Pinto Bean Chili	Hearty Chicken Gumbo	Chicken Double Noodle Soup	New England Clam Chowder
	Vegetable Soup	Cream of Mushroom	Vegetarian Chili	Hearty Potato Lentil Soup	Roasted Corn & Potato Soup
Week 3	Italian Wedding Soup	Turkey Chili	Chipotle Chicken Tortilla	Turkey Kale	Minestrone Soup
	Barley Vegetable Soup	Vegetable Soup with Brown Rice	Mushroom Vegetable Soup	Butternut Squash Bisque	Broccoli Cheddar Soup

 = VEGETARIAN

   @DiningUD

UNIVERSITY OF DELAWARE 

# Barley Vegetable Soup

80 Cal

Green cabbage, tomatoes, green beans, corn, barley and herbs simmered in savory vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	3 g	Sodium:	420 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

**2,000 calories a day is used for general nutrition advice, but calorie needs vary.**

# Beef, Mushroom, Barley Soup

110 Cal

Roasted beef, toasted barley, tomatoes, mushrooms and onions simmered in a rich beef stock.

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	110 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	35 fat cal	Cholesterol:	15 mg	Sugars:	2 g
Total Fat:	4 g	Sodium:	400 mg	Protein:	7 g
Saturated Fat:	1 g	Total Carbohydrate:	13 g		

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# Black Bean Soup

210 Cal

Black beans, tomatoes, onions, green peppers, celery, garlic and cumin simmered in vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	210 cal	Trans Fat:	0 g	Dietary Fiber:	12 g
Calories from Fat:	35 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	4 g	Sodium:	370 mg	Protein:	11 g
Saturated Fat:	0.5 g	Total Carbohydrate:	32 g		

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# Broccoli Cheddar Soup

240 Cal

Chopped broccoli and Cheddar in a creamy thick broth spiced with hot pepper sauce



VEGETARIAN

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	240 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	140 fat cal	Cholesterol:	25 mg	Sugars:	6 g
Total Fat:	16 g	Sodium:	420 mg	Protein:	10 g
Saturated Fat:	8 g	Total Carbohydrate:	16 g		

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# Butternut Squash Bisque

90 Cal

Puree of butternut squash and sweet potatoes spiced with pumpkin pie spice, nutmeg and fresh ginger



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	4 g
Total Fat:	3 g	Sodium:	390 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	15 g		

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# Cheddar Bacon Potato Chowder

320 Cal

Chunks of tender potato and bacon in a creamy thick cheddar soup

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	320 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	170 fat cal	Cholesterol:	50 mg	Sugars:	6 g
Total Fat:	18 g	Sodium:	480 mg	Protein:	13 g
Saturated Fat:	10 g	Total Carbohydrate:	25 g		

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# Chicken & Pinto Bean Chili

240 Cal

Chicken, pinto beans, chipotle chile, bell pepper, onion and garlic in a spicy chili tomato broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	240 cal	Trans Fat:	0 g	Dietary Fiber:	7 g
Calories from Fat:	60 fat cal	Cholesterol:	45 mg	Sugars:	3 g
Total Fat:	7 g	Sodium:	390 mg	Protein:	23 g
Saturated Fat:	1.5 g	Total Carbohydrate:	22 g		

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# Chicken & Rice Soup

**100 Cal**

Chicken, rice, carrots, celery, onions and garlic simmered in a chicken broth

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	less than 1 g
Calories from Fat:	35 fat cal	Cholesterol:	15 mg	Sugars:	1 g
Total Fat:	4 g	Sodium:	170 mg	Protein:	5 g
Saturated Fat:	0.5 g	Total Carbohydrate:	10 g		

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# Chicken Double Noodle Soup

140 Cal

Tender chicken, oodles of egg noodles and fresh vegetables in savory chicken stock

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	140 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	45 fat cal	Cholesterol:	35 mg	Sugars:	2 g
Total Fat:	5 g	Sodium:	430 mg	Protein:	8 g
Saturated Fat:	1 g	Total Carbohydrate:	16 g		

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# Chili Con Carne

250 Cal

A Southwest spiced stew of ground beef, tomatoes, onion, green peppers, garlic and kidney beans

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	250 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	80 fat cal	Cholesterol:	40 mg	Sugars:	4 g
Total Fat:	9 g	Sodium:	400 mg	Protein:	18 g
Saturated Fat:	3.5 g	Total Carbohydrate:	24 g		

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# Chipotle Chicken Tortilla Soup

**130 Cal**

Chicken, corn tortillas, tomatoes, onion, garlic, chipotle pepper and cumin in a chicken broth

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	130 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	40 fat cal	Cholesterol:	15 mg	Sugars:	3 g
Total Fat:	4.5 g	Sodium:	400 mg	Protein:	8 g
Saturated Fat:	1 g	Total Carbohydrate:	16 g		

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# Cream of Mushroom Soup

200 Cal

Homemade cream soup with fresh mushrooms, onion, garlic and herbs



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	200 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	110 fat cal	Cholesterol:	10 mg	Sugars:	8 g
Total Fat:	13 g	Sodium:	640 mg	Protein:	6 g
Saturated Fat:	4.5 g	Total Carbohydrate:	17 g		

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# Curried Tomato Lentil Soup

100 Cal

Lentils, tomatoes, onion, carrot and celery simmered in herbed broth seasoned with garam masala



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	4 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3.5 g	Sodium:	380 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

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# Hearty Chicken Gumbo

210 Cal

Homemade soup with chicken, sausage, okra, bacon, tomato and garlic in spicy chicken broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	210 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	100 fat cal	Cholesterol:	20 mg	Sugars:	3 g
Total Fat:	11 g	Sodium:	400 mg	Protein:	8 g
Saturated Fat:	2.5 g	Total Carbohydrate:	20 g		

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# Hearty Lentil & Potato Soup

80 Cal

Lentils, potatoes, onion, bell pepper, celery, carrot, herbs and garlic in tomato-vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	15 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	2 g	Sodium:	430 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

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# Italian Wedding Soup

130 Cal

Tiny meatballs, spinach, basil, onions, carrots, celery in rich chicken broth with ditalini pasta

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	130 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	70 fat cal	Cholesterol:	15 mg	Sugars:	1 g
Total Fat:	8 g	Sodium:	400 mg	Protein:	6 g
Saturated Fat:	3 g	Total Carbohydrate:	9 g		

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# Minestrone Soup

140 Cal

Hearty Italian vegetable soup with beans, ditalini pasta, bacon & Parmesan in vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	140 cal	Trans Fat:	1 g	Dietary Fiber:	3 g
Calories from Fat:	45 fat cal	Cholesterol:	10 mg	Sugars:	2 g
Total Fat:	5 g	Sodium:	400 mg	Protein:	7 g
Saturated Fat:	2 g	Total Carbohydrate:	17 g		

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# Mushroom Vegetable Soup

90 Cal

Fresh mushrooms, butternut squash, potatoes, cabbage and white beans in a rich mushroom-tomato broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	3 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	670 mg	Protein:	3 g
Saturated Fat:	0.5 g	Total Carbohydrate:	13 g		

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# New England Clam Chowder

**290 Cal**

A thick creamy soup of clams, potatoes, bacon, onions, celery and herbs

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	290 cal	Trans Fat:	0 g	Dietary Fiber:	1 g
Calories from Fat:	110 fat cal	Cholesterol:	45 mg	Sugars:	6 g
Total Fat:	12 g	Sodium:	870 mg	Protein:	21 g
Saturated Fat:	5 g	Total Carbohydrate:	24 g		

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# Roasted Corn & Potato Soup

120 Cal

Roasted corn and bell peppers, red potatoes, tomatoes, herbs and ancho pepper in a rich vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	120 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	40 fat cal	Cholesterol:	0 mg	Sugars:	4 g
Total Fat:	4.5 g	Sodium:	420 mg	Protein:	3 g
Saturated Fat:	0.5 g	Total Carbohydrate:	20 g		

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# Sweet Tomato Soup

90 Cal

A puree of tomatoes, sweet potatoes, onions and vegetable broth

A green rounded square logo with a white mountain-like shape at the bottom. The word "VEGAN" is written in white, uppercase letters in the center.

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	20 fat cal	Cholesterol:	0 mg	Sugars:	9 g
Total Fat:	2 g	Sodium:	390 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	17 g		

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# Turkey Chili

200 Cal

A hearty medley of ground turkey, tomatoes, onion, green peppers, garlic and kidney beans seasoned with chili powder, cumin and Tabasco(R)



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	200 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	60 fat cal	Cholesterol:	25 mg	Sugars:	4 g
Total Fat:	6 g	Sodium:	390 mg	Protein:	16 g
Saturated Fat:	2 g	Total Carbohydrate:	21 g		

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# Turkey Kale Soup

130 Cal

Turkey, kale, brown rice, tomato, bell pepper, carrot, celery, onion and garlic in a rich herb broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	130 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	45 fat cal	Cholesterol:	20 mg	Sugars:	2 g
Total Fat:	5 g	Sodium:	420 mg	Protein:	9 g
Saturated Fat:	1.5 g	Total Carbohydrate:	13 g		

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# Vegetable Rice Soup

80 Cal

A colorful variety of vegetables and rice simmered in a rich herb vegetable broth



VEGAN

## Nutritional Information (Serving Size: 8 fl oz)

Calories:	80 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	2 g
Total Fat:	3 g	Sodium:	150 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	14 g		

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# Vegetable Soup

100 Cal

Green beans, corn, green cabbage, potatoes and tomatoes simmered in savory vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	430 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	16 g		

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# Vegetable Soup with Brown Rice

90 Cal

Fresh vegetables and brown rice in an herbed vegetable broth



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	90 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	2.5 g	Sodium:	380 mg	Protein:	2 g
Saturated Fat:	0 g	Total Carbohydrate:	15 g		

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# Vegetarian Chili

110 Cal

Hearty vegetable chili with kidney and garbanzo beans seasoned with pepper, cumin and coriander



## Nutritional Information (Serving Size: 8 fl oz)

Calories:	110 cal	Trans Fat:	0 g	Dietary Fiber:	5 g
Calories from Fat:	10 fat cal	Cholesterol:	0 mg	Sugars:	5 g
Total Fat:	1.5 g	Sodium:	410 mg	Protein:	5 g
Saturated Fat:	0 g	Total Carbohydrate:	21 g		

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