

Soup Cycle

2018

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

APRIL

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					

MAY

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	Chicken & Pinto Bean Chili	Italian Wedding Soup	Chicken Double Noodle	Chili Con Carne	Chicken & Rice Soup
	Asparagus & Roasted Garlic Soup	Spicy Lentil & Kale Soup	Vegetable Rice Soup	Mushroom Vegetable Soup	Sweet Tomato Soup
Week 2	Cheddar Bacon Potato	Chicken Double Noodle Soup	Hearty Chicken Gumbo	Chicken & Pinto Bean Chili	Manhattan Clam Chowder
	Black Bean Soup	Vegetable Soup	Vegetarian Chili	Hearty Potato Lentil Soup	Vegetable Soup with Brown Rice
Week 3	Italian Wedding Soup	Turkey Chili	Chipotle Chicken Tortilla	Lemon Chicken & Garlic Soup	Minestrone Soup
	Vegetable Barley Soup	Lentil Soup	Vegetable Orzo Soup	Potato Leek Soup	Broccoli Cheddar Soup



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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		

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

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		

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

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:	21 g		

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

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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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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Lentil Soup

100 Cal

Brown lentils flavored with vegetables in a hearty tomato broth



VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	4 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	150 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	15 g		

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Manhattan Clam Chowder

150 Cal

A thick chunky soup of clams, potatoes, tomatoes, onion, carrot and herbs simmered in a clam broth

Nutritional Information (Serving Size: 8 fl oz)

Calories:	150 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	30 fat cal	Cholesterol:	30 mg	Sugars:	3 g
Total Fat:	3.5 g	Sodium:	750 mg	Protein:	16 g
Saturated Fat:	0 g	Total Carbohydrate:	12 g		

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

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		

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

Vegetarian Chili

100 Cal

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



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 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:	20 g		

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

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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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		

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

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:	21 g		

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

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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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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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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Lemon Garlic Chicken Soup

160 Cal

Chicken, rice, onion, carrot and garlic simmered in a lemon-herb chicken broth

Nutritional Information (Serving Size: 8 fl oz)

Calories:	160 cal	Trans Fat:	0 g	Dietary Fiber:	less than 1 g
Calories from Fat:	70 fat cal	Cholesterol:	70 mg	Sugars:	1 g
Total Fat:	8 g	Sodium:	420 mg	Protein:	13 g
Saturated Fat:	2 g	Total Carbohydrate:	11 g		

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Lentil Soup

100 Cal

Brown lentils flavored with vegetables in a hearty tomato broth



VEGAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	4 g
Calories from Fat:	25 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	150 mg	Protein:	4 g
Saturated Fat:	0 g	Total Carbohydrate:	15 g		

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Manhattan Clam Chowder

150 Cal

A thick chunky soup of clams, potatoes, tomatoes, onion, carrot and herbs simmered in a clam broth

Nutritional Information (Serving Size: 8 fl oz)

Calories:	150 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	30 fat cal	Cholesterol:	30 mg	Sugars:	3 g
Total Fat:	3.5 g	Sodium:	750 mg	Protein:	16 g
Saturated Fat:	0 g	Total Carbohydrate:	12 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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Potato Leek Soup

170 Cal

Velvety puree of potatoes, leeks, onions, celery and herbs simmered in vegetable broth



VEGETARIAN

Nutritional Information (Serving Size: 8 fl oz)

Calories:	170 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	60 fat cal	Cholesterol:	10 mg	Sugars:	7 g
Total Fat:	7 g	Sodium:	410 mg	Protein:	5 g
Saturated Fat:	3 g	Total Carbohydrate:	25 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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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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Vegetable Barley Soup

80 Cal

Hearty vegetable soup with barley



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		

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Vegetable Orzo Soup

100 Cal

Orzo pasta, fresh cabbage, tomato, celery and potatoes all simmered in a savory vegetable broth



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 cal	Trans Fat:	0 g	Dietary Fiber:	2 g
Calories from Fat:	30 fat cal	Cholesterol:	0 mg	Sugars:	3 g
Total Fat:	3 g	Sodium:	430 mg	Protein:	3 g
Saturated Fat:	0 g	Total Carbohydrate:	17 g		

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Vegetarian Chili

100 Cal

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



Nutritional Information (Serving Size: 8 fl oz)

Calories:	100 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:	20 g		

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