



May 2022 Soup Menu



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Chef's Choice	2 Broccoli Cheddar Vegan Cream of Fennel	3 Chicken Tortilla Vegan Spinach Soup	4 Jambalaya Coconut Curry Lentil	5 Detox Soup Vegan Minestrone	6 Beef Vegetable Vegan Black Bean	7 Chef's Choice
8 Chef's Choice	9 African Peanut Soup Hearty Tomato	10 Beef Barley Mushroom Barley	11 Chicken and Rice Mushroom Garlic	12 Sweet and Sour Soup Garden Vegetable	13 Kielbasa and Kale Wild Rice Soup	14 Chef's Choice
15 Chef's Choice	16 French Onion Curried Cauliflower	17 Potato Soup Roasted Carrot	18 Italian Wedding Roasted Red Pepper	19 Turkey Chili Quinoa Chili	20 Chicken Noodle Miso	21 Chef's Choice
22 Chef's Choice	23 Tortellini Soup Tomato Basil	24 Corned Beef & Cabbage Butternut Squash	25 Navy Beans and Ham Fresh Pea Soup	26 Turkey Noodle Tuscan Bean	27 Clam Chowder Vegan Corn	28 Chef's Choice
29 Chef's Choice	30 Egg Drop French Lentil	31 Pork Green Chili Vegan Green Chili	<p>The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ;Bon Appétite!</p>			



Go! Tips to Put the Spring Back in Your Step

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Birds chirping, trees blooming and feet on the pavement all signal the arrival of spring. However, hitting the great outdoors for a 5K or fun run involves more than just lacing up your sneakers and programming the perfect playlist. After a long winter slumber, these five simple steps will get you on your feet again — the safe and healthy way.

Go Eat

Starving yourself should never be part of an exercise regimen, but eating right should. Fuel up with whole-grain breads, pastas and rice two hours before your workout. Complex carbohydrates, including whole grains, are digested slower than simple carbohydrates, resulting in more sustained energy throughout the day.

Go Drink

It's important to start all activity well-hydrated. Even slight dehydration can have significant effects on performance. Staying hydrated is sure to help you feel energized and perform at the top of your game. Make a point to drink fluids at regular intervals throughout the day to maintain a healthy hydration status. When trying to determine if you should drink water or a sports drink, consider intensity and duration. If the activity lasts longer than 60 minutes, a sports drink may be beneficial to provide some additional fuel and replace the electrolytes lost in sweat.

Go Stretch

Don't skip the stretching! The warm-up and cool-down are key components of any workout and are necessary for proper recovery and to prevent injury.

According to the American College of Sports Medicine, warming up with light aerobic activity prior to stretching helps reduce the possibility of straining a muscle while stretching. Both static and dynamic stretches are effective. Static stretches should be held for 10 to 30 seconds and repeated two to four times.