



JUNE 2022 SOUP MENU



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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!

		1 Beef Vegetable Vegan Black Bean		2 Chicken Tortilla Vegan Spinach Soup		3 Detox Soup Vegan Minestrone		4 Chef's Choice					
5 Chef's Choice		6 Broccoli Cheddar Vegan Cream of Fennel		7 Kielbasa and Kale Wild Rice Soup		8 Sweet and Sour Soup Garden Vegetable		9 Chicken and Rice Mushroom Garlic		10 Potato Soup Roasted Carrot		11 Chef's Choice	
12 Chef's Choice		13 African Peanut Soup Hearty Tomato		14 Italian Wedding Roasted Red Pepper		15 Turkey Chili Quinoa Chili		16 Chicken Noodle Miso		17 Corned Beef & Cabbage Butternut Squash		18 Chef's Choice	
19 Chef's Choice		20 Tortellini Soup Tomato Basil		21 French Onion Curried Cauliflower		22 Pork Green Chili Vegan Green Chili		23 Beef Barley Mushroom Barley		24 Turkey Noodle Tuscan Bean		25 Chef's Choice	
26 Chef's Choice		27 Egg Drop French Lentil		28 Navy Beans and Ham Fresh Pea Soup		29 Clam Chowder Vegan Corn		30 Jambalaya Coconut Curry Lentil		 Eat the Colors of the Rainbow			

Aspen Valley Hospital's Vision is to be the leader in fostering our community as the healthiest in the nation. We invite you to nourish your body with one of our delicious daily specials (vegan lunch options available Monday-Friday). You can also build a salad at our salad bar, choose one of our homemade soups or select a grab-and-go item from the cooler.

Rainbow Layered Salad Recipe

By Romina Barritta de Defranchi, DTR Published March 04, 2018 Reviewed April 2020



Rebecca Clyde MS, RDN, CD

This salad has the colors of the rainbow and is made with handy ingredients such as frozen corn.

Ingredients

- 1 pint red grape or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados, pitted and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste

Directions

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper.
3. Serve salad with dressing on the side.

Nutrition Information

Serving size: 1 cup of salad with dressing

Serves 6

Calories: 285; Total fat: 21g; Saturated fat: 3g; Cholesterol: 0mg; Sodium: 229mg; Carbohydrates: 27g; Fiber: 7g; Sugars: 11g; Protein: 3g; Potassium: N/A; Phosphorus: N/A