



March 2023 Soup Menu



SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<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>		1	2	3	4
		Beef Vegetable Vegan Black Bean	Chicken Tortilla Vegan Spinach Soup	Detox Soup Vegan Minestrone	Chef's Choice
5	6	7	8	9	10
Chef's Choice	Broccoli Cheddar Vegan Cream of Fennel	Kielbasa and Kale Wild Rice Soup	 Sweet and Sour Soup Garden Vegetable	Chicken and Rice Mushroom Garlic	Potato Soup Roasted Carrot
12	13	14	15	16	17
Chef's Choice	African Peanut Soup Hearty Tomato	Italian Wedding Roasted Red Pepper	Turkey Chili Quinoa Chili	Chicken Noodle Miso	Corned Beef & Cabbage Butternut Squash
19	20	21	22	23	24
Chef's Choice	Tortellini Soup Tomato Basil	French Onion Curried Cauliflower	Pork Green Chili Vegan Green Chili	Beef Barley Mushroom Barley	Turkey Noodle Tuscan Bean
26	27	28	29	30	31
Chef's Choice	Egg Drop French Lentil	Navy Beans and Ham Fresh Pea Soup	Clam Chowder Vegan Corn	Jambalaya Coconut Curry Lentil	Broccoli Cheddar Vegetable Rice
					

National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 8th.



WORD SEARCH

Words may be horizontal, vertical, diagonal, or backwards.

FUEL FOR THE FUTURE

- Anchovy
- Bulgur
- Cheddar
- Daikon Radish
- Endive
- Freekeh
- Grapes
- Honeydew
- Jackfruit
- Kefir
- Lentils
- Mung Beans
- Nectarines
- Oats
- Pistachios
- Raspberries
- Soymilk
- Turkey
- Wild Rice
- Yuca

S O I H C A T S I P A B A N C H C H O V V C H O V Y C L E R U M
A S D A R C U N S N A C D A C T F R D B E E K L E H R U
P S B T K O R I D A R C S U R I D P A E F C E N E P S L E A
R E N C H E D I D A R C S U R I D P A E F C E N E P S L E A
G I Y E P I S L E G T F K O P E C I A J M J N E P R D B A K E F
O R P I S L E G T F K O P E C I A J M J N E P R D B A K E F
I R P I S L E G T F K O P E C I A J M J N E P R D B A K E F
T E E L B O G A N R A V K U N O S E R H W C H A L I U R D L A M W
T B P W U N I S W E D Y E N O S H R E G A E C J K E Y O
U P T A L I S W E D Y E N O S H R E G A E C J K E Y O
T S R O G U S W E D Y E N O S H R E G A E C J K E Y O
E A C Y U E R R I U C A O T V A L K V I
H R N C R I C O T H K Y E
R M G U S E
G A P S E P A

ANSWERS

