

Soup

Beef Barley *	Beef Broth (contains sulphites), Barley, Split Peas, Veggies, Black Pepper, Cumin, Parsley
Butternut Squash	Chicken Broth, Potato Flakes, Carrots, Onion, Ginger, Cinnamon, Roasted Garlic Seasoning
Chicken Noodle *	Chicken Broth, Pasta (Small Shells), Veggies, Black Pepper, Parsley, Chives
Chuck Wagon Chili	Beef Broth (contains sulphites), Romano Beans, Kidney Beans, Red & Green Bell Peppers, Onions, Tomatoes
Creamy Alfredo Lasagna Soup	Chicken Broth, Milk Powder, Cornstarch, Pasta (Lasagna Noodle), Onion, Garlic, Italian Seasoning
Creamy Veggie Lentil	Chicken Broth, Lentils, Veggies, Garlic, Onion, Parsley, Thyme
Coconut Chicken Curry	Curry Broth (contains mustard), Chicken Broth, Carrots, Red & Green Bell Peppers, Coconut
Coconut Thai Lentil	Curry Broth (contains mustard), Chicken Broth, Lentils, Coconut, Lemongrass, Ginger, Cilantro
Dill Pickle Soup	Chicken Broth, Carrot, Milk Powder, Cornstarch, Potato Flakes, Dill, Onion, Garlic, Black Pepper
Egg Roll Soup	Chicken Broth, Cabbage, Carrots, Onion, Garlic, Ginger
French Canadian Split Pea	Chicken Broth, Yellow Split Peas, Onion, Bay Leaf, Savory, Thyme, Black Pepper, Parsley
Hearty Pasta	Chicken Broth, Green Split Peas, Red Lentils, Pasta, Parsley, Basil
Lazy Lasagna	Beef Broth (contains sulphites), Taco Broth, Basil, Oregano, Italian Seasoning, Black Pepper, Onions
Lemon & Rosemary Chicken *	Chicken Broth, Lemon & Herb Seasoning, Onion, Garlic, Parsley, Rosemary, Pasta (Orzo)
Loaded Baked Potato	Chicken Broth, Milk Powder, Cornstarch, Potato Flakes, Veggies, Carrots, Black Pepper, Parsley
Taco Bean *	Taco Broth, Kidney Beans, Pinto Beans, Black Eye Peas, Navy Beans, Black Turtle Beans, Onions
Tomato Basil *	Chicken Broth, Tomato Powder, Pasta (Orzo), Veggies, Onion, Basil
Zuppa Toscana	Chicken Broth, Potatoes, Onion, Garlic, Black Pepper, Chili Flakes

* "Veggies" contain Carrots, Potatoes, Onion, Leek, Red & Green Bell Peppers, Celery & Cabbage

Chicken Broth, Carrot, Milk Powder, Cornstarch, Potato Flakes, Dill, Onion, Garlic, Black Pepper

Gluten Friendly Soups

Beet Borscht **	Veggie Broth (contains sulphites), Carrots, Cabbage, Potatoes, Beet Powder, Onion, Leek
Chickpea Curry	Curry Powder (contains mustard), Garam Masala, Chickpeas, Carrots, Ginger, Cumin, Parsley
Wild Rice & Lentil **	Veggie Broth (contains sulphites), Lentils, Wild Rice, Brown Rice, Red Rice, Poultry Seasoning

**Veggie Broth contains: Carrots, Potatoes, Onion, Leek, Red & Green Bell Peppers, Celery & Cabbage

Beer Breads

Cheese & Chive Beer Bread	*Add a can of beer OR club soda AP Flour, Sugar, Salt, Baking Powder, Chives, Parsley
Greek Beer Bread	AP Flour, Sugar, Salt, Baking Powder, Greek Seasoning, Parsley, Black Pepper
Italian Beer Bread	AP Flour, Sugar, Salt, Baking Powder, Italian Seasoning, Parsley
Jalapeno Cheddar Beer Bread	AP Flour, Sugar, Salt, Baking Powder, Jalapenos
Onion & Garlic	AP Flour, Sugar, Salt, Baking Powder, Onion, Garlic Seasoning (Red & Green Bell Peppers)
Roasted Garlic & Peppers	AP Flour, Sugar, Salt, Baking Powder, Roasted Garlic & Peppers Seasoning (Red & Green Bell Peppers)
Dill Pickle Beer Bread	AP Flour, Sugar, Salt, Baking Powder, Dill weed, Dill Pickle Seasoning
Everything Bagel Beer Bread	AP Flour, Sugar, Salt, Baking Powder, Everything Bagel Seasoning (Sesame seeds, Onion, Poppy seeds)

Bread - Other

Cinnamon Raisin Bread	AP Flour, Sugar, Salt, Baking Powder, Cinnamon, Raisins
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Sweet Corn Bread

AP Flour, Sugar, Cornmeal, Salt, Baking Powder

Rice Dishes

Curry Rice

Chicken Broth, Curry Broth, Rice, Onion, Garlic, Parsley

Garlic & Herb Rice

Chicken Broth, Rice, Basil, Garlic, Onion, Oregano, Parsley, Thyme

Ginger Beef Rice

Beef Broth (contains sulphites), Rice, Garlic, Onion, Ginger Powder, Chili Flakes

Mexican Red Rice

Chicken Broth, Rice, Chili Powder, Garlic Powder, Cumin

**Veggie contain carrots, potatoes, Onion, Leek, Red & Green Bell Peppers, Celery & Cabbage
oing (Red & Green Peppers, Parsley)

ers, Chili Powder, Cumin, Onion
an Seasoning

oconut, Onion, Garlic
r, Cinnamon, Chili Powder, Paprika, Onion, Garlic
ack Pepper

pepper, Onion, Garlic, Pasta (Lasagna Noodles)
zo), Veggies , White Rice
er, Onion, Garlic, Chives
ns, Romano Beans, Lentils Veggies, Split Peas , Garlic, Parsley

ack Pepper

mon Zest, Dill
, Onion, Garlic
easoning, Parsley, Basil

pers, Cornmeal, Black Pepper, Parsley)
een Bell Peppers, Roasted Garlic, Onion, Garlic Salt Sugar, Cornstarch),Parsley

ion, Salt, Black Pepper, Garlic, Poppy Seeds)

