



# Arbor Farms

## October Soup Schedule

Available daily in our Grab 'n Go: **Hearty Beef Chili**  
**Tomato Basil Soup**

28-Sep	29-Sep	30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
Minestrone	Yellow Split Pea	Potato - Leek w/ Cheddar	Butternut Apple	Navy Bean Vegetable	African Peanut	Caramelized Onion & Sweet Potato
Cuban Beef Stew	Hearty Ham & Bean	Roasted Vegetable Barley	Cabbage & Kale	Blackened Salmon Chowder	Polish Sausage & White Bean	White Bean Chicken Chili
5-Oct	6-Oct	7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
White Cheddar Broccoli	Pumpkin Bisque	Spiced Mexican Squash Stew	Lentil	Mushroom Barley w/ Goat Cheese	Vegan Cornucopia Chili	3 Bean Moroccan
Beef & Mushroom Barley	Mulligatawny	Vegan Cream of Mushroom	Wild Rice Chicken	Manhattan Fish Chowder	Chunky Potato	Turkey Black Bean Chili
12-Oct	13-Oct	14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
Tomato Orange	Jarlsberg & Onion	Lentil Mulligatawny	Butternut Apple	Navy Bean Vegetable	African Peanut	Caramelized Onion & Sweet Potato
Pork & Cranberry with Farro	Chicken Tortilla	Zucchini Spinach Bisque	Cabbage & Kale	Blackened Salmon Chowder	Polish Sausage & White Bean	White Bean Chicken Chili
19-Oct	20-Oct	21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
White Cheddar Broccoli	Pumpkin Bisque	Spiced Mexican Squash Stew	Lentil	Mushroom Barley w/ Goat Cheese	Vegan Cornucopia Chili	3 Bean Moroccan
Beef & Mushroom Barley	Mulligatawny	Vegan Cream of Mushroom	Wild Rice Chicken	Manhattan Fish Chowder	Chunky Potato	Turkey Black Bean Chili
26-Oct	27-Oct	28-Oct	29-Oct	30-Oct	31-Oct	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
Tomato Orange	Jarlsberg & Onion	Lentil Mulligatawny	Butternut Apple	Navy Bean Vegetable	African Peanut	
Pork & Cranberry with Farro	Chicken Tortilla	Zucchini Spinach Bisque	Cabbage & Kale	Blackened Salmon Chowder	Polish Sausage & White Bean	