



## Arbor Farms Market January Soup Schedule

**Available daily in our Grab 'n Go:**

### Hearty Beef Chili Tomato Basil

31-Jan					1-Jan	2-Jan	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
					Roasted Chicken Noodle	Roasted Chicken Noodle	
					African Peanut Stew	Navy Bean Vegetable	
					Chicken Tortilla	Mushroom Barley with Goat Cheese	
3-Jan		4-Jan	5-Jan	6-Jan	7-Jan	8-Jan	9-Jan
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	
Three Bean Morrocan	Cream of Mushroom	Roasted Vegetable Barley	Tomato Dill & White Cheddar	Lentil Mulligatawny	Vegan Cornucopia Chili	Hungarian Green Bean	
Hearty Ham and Bean	Lamb & Lentil	Wild Rice Chicken	Turkey Wild Rice	Manhattan Fish Chowder	Guinness Beef Stew	Turkey Gumbo	
10-Jan		11-Jan	12-Jan	13-Jan	14-Jan	15-Jan	16-Jan
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	
Carrot Ginger	Butternut Parsnip	Chunky Potato	Hot & Sour	White Cheddar Broccoli	African Peanut Stew	Navy Bean Vegetable	
Beef and Barley	Bombay Chicken and Vegetable	Polish Sausage & White Bean	Chorizo Black Bean Chili	Curried Salmon Chowder	Chicken Tortilla	Mushroom Barley with Goat Cheese	
17-Jan		18-Jan	19-Jan	20-Jan	21-Jan	22-Jan	23-Jan
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	
Three Bean Morrocan	Cream of Mushroom	Roasted Vegetable Barley	Tomato Dill & White Cheddar	Lentil Mulligatawny	Vegan Cornucopia Chili	Hungarian Green Bean	
Hearty Ham and Bean	Lamb & Lentil	Wild Rice Chicken	Turkey Wild Rice	Manhattan Fish Chowder	Guinness Beef Stew	Turkey Gumbo	
24-Jan		25-Jan	26-Jan	27-Jan	28-Jan	29-Jan	30-Jan
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	
Carrot Ginger	Butternut Parsnip	Chunky Potato	Hot & Sour	White Cheddar Broccoli	African Peanut Stew	Navy Bean Vegetable	
Beef and Barley	Bombay Chicken and Vegetable	Polish Sausage & White Bean	Chorizo Black Bean Chili	Curried Salmon Chowder	Chicken Tortilla	Mushroom Barley with Goat Cheese	