



Arbor Farms Market October Soup Schedule

Available daily in our Grab 'n Go:

Tomato Basil

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
			Yellow Split Pea	Vegan Black Bean Tortilla	Cream of Mushroom	Chunky Potato
			Beef and Mushroom Barley	Curried Salmon Chowder	Hearty Beef Chili	Cuban Beef Stew
5-Oct		6-Oct		7-Oct		8-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
Cabbage Carrot Caraway	Pumpkin Bisque	Hot and Sour	Wild Mushroom and Rice	Spanish Vegetable	German Beer and Cheddar	Thai Curry Vegetable
Turkey Black Bean Chili	Hearty Ham and Bean	Bombay Chicken and Vegetable	White Bean Chicken Chili	Blackened Salmon Chowder	Hearty Beef Chili	Wild Rice Chicken
12-Oct		13-Oct		14-Oct		15-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
Butternut Parsnip	Lentil Mulligatawny	White Cheddar Broccoli	Yellow Split Pea	Vegan Black Bean Tortilla	Cream of Mushroom	Chunky Potato
Sausage and Lentil	Polish Sausage & White Bean	Bombay Chicken and Vegetable	Beef and Mushroom Barley	Curried Salmon Chowder	Hearty Beef Chili	Cuban Beef Stew
19-Oct		20-Oct		21-Oct		22-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
Cabbage Carrot Caraway	Pumpkin Bisque	Hot and Sour	Wild Mushroom and Rice	Spanish Vegetable	German Beer and Cheddar	Thai Curry Vegetable
Turkey Black Bean Chili	Hearty Ham and Bean	Bombay Chicken and Vegetable	White Bean Chicken Chili	Blackened Salmon Chowder	Hearty Beef Chili	Wild Rice Chicken
26-Oct		27-Oct		28-Oct		29-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
Butternut Parsnip	Lentil Mulligatawny	White Cheddar Broccoli	Yellow Split Pea	Vegan Black Bean Tortilla	Cream of Mushroom	
Sausage and Lentil	Polish Sausage & White Bean	Bombay Chicken and Vegetable	Beef and Mushroom Barley	Curried Salmon Chowder	Hearty Beef Chili	