



May 2026 Soup Menu



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

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! Soups in Green are Vegan!



1
Chicken Tortilla
Vegan Spinach Soup

2
Chef's Choice

3
Chef's Choice

4
Potato Soup
Vegan Cream of Fennel

5
Chili
Quinoa Chili

6
Sweet and Sour Soup
Garden Vegetable

7
Ginger Spinach
Chicken
Vegan Minestrone

8
Kielbasa and Kale
Wild Rice Soup

9
Chef's Choice

10
Chef's Choice

11
African Peanut Soup
Hearty Tomato

12
Chicken and Rice
Mushroom Garlic

13
Broccoli Cheddar
Roasted Carrot

14
Italian Wedding
Roasted Red Pepper

15
Beef Vegetable
Vegan Black Bean

16
Chef's Choice

17
Chef's Choice

18
Tortellini Soup
Tomato Basil

19
Chicken Noodle
Miso

20
Corned Beef & Cabbage
Butternut Squash

21
French Onion
Curried Cauliflower

22
Clam Chowder
Vegan Corn

23
Chef's Choice

24
Chef's Choice

25
Egg Drop
French Lentil

26
Pork Green Chili
Vegan Green Chili

27
Beef Barley
Mushroom Barley

28
Turkey Noodle
Tuscan Bean

29
Navy Beans and Ham
Fresh Pea Soup

30
Chef's Choice

31
Chef's Choice



Make a Fresh Start with Spring Foods

Contributors: Sarah Klemm, RDN, CD, LDN **Reviewed:** March 19, 2024



Spring is a great time to hit the reset button and reintroduce some fresh produce into your kids' day after a long winter. Get into the swing of spring produce with these four seasonal favorites.

beats3/iStock/Getty Images Plus/Getty Images

Spinach One cup of cooked spinach is packed with vitamins A and K, which are essential for eye and bone health. This amount of spinach also delivers a high amount of folate and iron, which help prevent certain types of anemia. And its magnesium and potassium are important for muscle development and growth, while vitamin C helps support immune function.

If your kids are on board with green stuff, serve spinach salads or try it sautéed with meat, fish and tofu. For kids who don't like veggies, the mild flavor of spinach is easily masked. Just purée and mix it into sauces, smoothies, soups and meatballs. Your family will love this recipe for Creamy Parmesan Spinach Squares!

Beets A cup of beets is an excellent source of folate and a good source of dietary fiber. Did you know beet greens also are edible? A one-cup serving of cooked beet greens is an excellent source of vitamins A and K, potassium and magnesium.

Challenge the stereotype of beets being one of the most-hated vegetables by preparing these nutritious roots in tasty ways. Roast beets and serve hot or cold for a touch of sweetness and a pop of color. Blend cooked beets into soups and sauces or shred raw beets as a crunchy topping for salads, tacos and more. Make a beautiful dip your kids will love by puréeing cooked beets into hummus!

Strawberries Another seasonal superstar are fresh strawberries. Just one cup of sliced strawberries provides a day's worth of vitamin C, plus a hearty dose of manganese, which is important for bone development. A cup of strawberries also packs three grams of dietary fiber.

Try them alone, in a fruit salad, in a green salad, over cereal, with yogurt or even blend frozen strawberries in a smoothie for a thicker consistency. And don't toss those strawberry tops that you washed and cut off! Add them to still or sparkling water for a refreshing, fruity infused beverage.

Asparagus One cup of cooked asparagus is an excellent source of bone-building vitamin K as well as folate. It also provides vitamin A and iron. Available in green, purple and white varieties, asparagus spears are fun to eat and pair with all kinds of foods.

Asparagus is super tasty when roasted with a little olive oil, salt and pepper. Serve as a side with dinner or cut into pieces to add to pasta, stir-fries, salads and more.