



JUNE 2026 SOUP MENU



SUNDAY

MEATLESS MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

<p>Soups written in green font are</p> 	<p>1 Broccoli Cheddar Vegan Cream of Fennel</p>	<p>2 Chicken Noodle Roasted Carrot</p>	<p>3 Potato Soup Quinoa Chili</p>	<p>4 Stuffed Cabbage Soup Vegetable Rice</p>	<p>5 Chicken Tortilla Vegan Spinach Soup</p>	<p>6 Chef's Choice</p>
<p>7 Chef's Choice</p>	<p>8 African Peanut Soup Hearty Tomato</p>	<p>9 Chicken and Rice Mushroom Garlic</p>	<p>10 Pork Green Chili Vegan Green Chili</p>	<p>11 Beef Vegetable Vegan Black Bean</p>	<p>12 Kielbasa and Kale Wild Rice Soup</p>	<p>13 Chef's Choice</p>
<p>14 Chef's Choice</p>	<p>15 French Onion Curried Cauliflower</p>	<p>16 Corned Beef & Cabbage Butternut Squash</p>	<p>17 Pumpkin Sausage Coconut Curry Lentil</p>	<p>18 Beef Barley Mushroom Barley</p>	<p>19 Italian Wedding Roasted Red Pepper</p>	<p>20 Chef's Choice</p>
<p>21 Chef's Choice</p>	<p>22 Tortellini Soup Tomato Basil</p>	<p>23 Sweet and Sour Soup Garden Vegetable</p>	<p>24 Clam Chowder Vegan Corn</p>	<p>25 Egg Drop French Lentil</p>	<p>26 Turkey Noodle Miso</p>	<p>27 Chef's Choice</p>
<p>28 Chef's Choice</p>	<p>29 Broccoli Cheddar Roasted Carrot</p>	<p>30 Navy Beans and Ham Fresh Pea Soup</p>	<p>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!</p>			

If you are eating all of the colors of the rainbow you are likely consuming a variety of bioactive compounds called phytochemicals or phytonutrients (phyto means plant in Greek). These compounds are responsible for the color, odor & flavor of plant foods. Research has shown that diets high in phytonutrient-rich foods like fruits, veggies, whole grains, tea, cocoa and wine can reduce the risk of several chronic diseases such as hypertension, heart disease, stroke, Type 2 Diabetes, neurodegeneration & cancer. So, eat all of the colors of the rainbow every day!

Rainbow Layered Salad Recipe

By Romina Barritta de Defranchi, DTR Published March 04, 2018 Reviewed April 2020



This salad has the colors of the rainbow and is made with handy ingredients such as frozen corn.

Ingredients

- 1 pint red grape or cherry tomatoes, quartered
- 1 cup shredded carrots
- 1 cup frozen corn kernels
- 2 Hass avocados, pitted and sliced into thin wedges
- 1 cup thinly sliced red cabbage
- 1 cup crushed blue corn chips
- Juice of 1 lime
- Juice of 1 lemon
- ¼ cup olive oil
- ½ teaspoon salt
- Freshly ground pepper to taste

Rebecca Clyde MS, RDN, CD

Directions

1. In a clear glass serving bowl, layer the tomatoes, carrots, frozen corn, avocados, red cabbage and blue corn chips in order. Let stand at least 15 minutes for corn to fully defrost.
2. Make salad dressing by whisking together lime juice, lemon juice, olive oil, salt and pepper.
3. Serve salad with dressing on the side.

Nutrition Information

Serving size: 1 cup of salad with dressing

Serves 6

Calories: 285; Total fat: 21g; Saturated fat: 3g; Cholesterol: 0mg; Sodium: 229mg; Carbohydrates: 27g; Fiber: 7g; Sugars: 11g; Protein: 3g; Potassium: N/A; Phosphorus: N/A