




July 2026 Soup Menu



SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Beef Vegetable Vegan Black Bean	2 Potato Soup Roasted Carrot	3 Lemon Ginger Chicken Vegan Minestrone	4 Chef's Choice
5 Chef's Choice	6 Broccoli Cheddar Vegan Cream of Fennel	7 Kielbasa and Kale Wild Rice Soup	8 Sweet and Sour Soup Garden Vegetable	9 Chicken and Rice Mushroom Garlic	10 Chicken Tortilla Vegan Spinach Soup	11 Chef's Choice
12 Chef's Choice	13 African Peanut Soup Hearty Tomato	14 Italian Wedding Roasted Red Pepper	15 Chicken Noodle Miso	16 Turkey Chili Quinoa Chili	17 Corned Beef & Cabbage Butternut Squash	18 Chef's Choice
19 Chef's Choice	20 Tortellini Soup Tomato Basil	21 French Onion Curried Cauliflower	22 Pork Green Chili Vegan Green Chili	23 Beef Barley Mushroom Barley	24 Turkey Noodle Tuscan Bean	25 Chef's Choice
26 Chef's Choice	27 Egg Drop French Lentil	28 Navy Beans and Ham Fresh Pea Soup	29 Clam Chowder Vegan Corn	30 Jambalaya Coconut Curry Lentil	31 Broccoli Cheddar Vegetable Rice	Soups written in green font are 

Warm Tuscan Pasta Salad Recipe

Contributors: Romina Barritta, DTR **Reviewers:** Academy Staff RDNs **Published:** June 21, 2021 **Reviewed:** May 16, 2024



Photography by David Raine | Food styling by Breana Moeller | Prop styling by Michelle Wilkinson

For a simple side dish, whole-grain pasta, canned artichoke hearts, sun-dried tomatoes and vinaigrette are served warm over fresh arugula and topped with toasted hazelnuts.

Prep Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

- 3 cups dry whole-grain spiral noodles
- 1 clove garlic, chopped
- 3 tablespoons (45 milliliters) extra-virgin olive oil
- 1 tablespoon (15 milliliters) balsamic vinegar
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup canned artichoke hearts in water, drained and halved
- ½ cup rehydrated sun-dried tomatoes, chopped
- 1 cup arugula leaves, washed and dried
- ½ cup hazelnuts, chopped and lightly toasted

Nutrition Information

Serves: 4

Serving size: 1 cup pasta mixture with hazelnuts plus ¼ cup arugula (212 grams)

549 calories, 25g total fat, 3g saturated fat, 0mg cholesterol, 245mg sodium, 73g carbohydrate, 14g fiber, 12g sugar, 16g protein, 1,451mg potassium, 576mg phosphorus

Directions

Before you begin: Wash your hands.

1. Cook pasta according to package instructions.
2. To make vinaigrette, whisk together in a small bowl garlic, olive oil, balsamic vinegar, salt and pepper. Toss the vinaigrette with the hot cooked pasta and allow to cool slightly. Add artichoke hearts and sun-dried tomatoes and mix to combine. Serve warm over arugula and top with chopped hazelnuts.