



October 2026 Soup Menu



SUNDAY



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 font are vegan.**

4 Chef's Choice	5 Broccoli Cheddar Vegan Cream of Fennel	6 Corned Beef & Cabbage Butternut Squash	7 Italian Wedding Roasted Red Pepper	8 Sweet and Sour Soup Garden Vegetable	9 Chicken and Rice Mushroom Garlic	10 Chef's Choice
11 Chef's Choice	12 Potato Soup Roasted Carrot	13 Chicken Tortilla Vegan Spinach Soup	14 Chicken Noodle Miso	15 Pork Green Chili Vegan Green Chili	16 Beef Barley Mushroom Barley	17 Chef's Choice
18 Chef's Choice	19 Tortellini Soup Tomato Basil	20 French Onion Curried Cauliflower	21 Beef Vegetable Vegan Black Bean	22 Turkey Noodle Tuscan Bean	23 Clam Chowder Vegan Corn Chowder	24 Chef's Choice
25 Chef's Choice	26 Texas Chili French Lentil	27 Pork Pozole Hearty Tomato	28 Jambalaya Coconut Curry Lentil	29 Navy Beans and Ham Fresh Pea Soup	30 Turkey Chili Quinoa Chili	31 Chef's Choice



Creatine for Health Promotion

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mapodile/E+

Creatine is a naturally occurring compound in the body. It is well studied for its role in energy production. While creatine is known for its sports performance benefits, research suggests it may have other health benefits, too.

Sources of Creatine Creatine can be obtained from the diet and made by the body. Your body produces about 1 gram of creatine per day. Eating foods that contain creatine helps to maintain the body's stores. The main food sources of creatine are animal-based foods, including beef, pork, lamb, fish and game meat. Dairy products, such as milk, contain very low amounts of creatine. A typical diet provides about 1-2 grams of creatine per day. This amount allows muscle creatine stores to reach roughly 60-80% of their storage capacity. Actual intake can vary widely depending on how much food a person eats and the types included in their diet. For example, a 4-oz serving of beef or salmon provides about 0.5 gram of creatine.

Creatine Supplements Although creatine is naturally found in food, supplements may provide a more practical and consistent way for some people to increase intake. Creatine supplements deliver higher amounts of the compound in a concentrated form. Creatine is generally well-tolerated, but there are some precautions to keep in mind. The side effect most commonly reported is temporary water retention, although dehydration and gastrointestinal distress also may occur.

Creatine Deficiency Creatine deficiency can occur for different reasons. In rare cases, it's due to genetic factors which affect how creatine is made or transported in the body. Some people are considered more at risk for low creatine levels. These include vegetarians, vegans, pregnant women, older adults, and individuals with creatine deficiency syndromes. People who follow vegetarian or vegan diets often have reduced creatine stores because their diets do not include creatine-rich animal foods. Research shows that vegetarians tend to have lower muscle creatine levels than people who eat animal-based foods. In these populations, creatine supplementation has been shown to improve physical and cognitive performance while supporting adherence to plant-based diets. Women generally have lower muscle creatine levels than men, and creatine levels may decline with age. Older adults tend to have lower creatine levels compared to younger. Creatine may help reduce muscle wasting in conditions such as sarcopenia.

Creatine for Health Promotion Creatine isn't just for athletes. Research suggests it may support overall health and wellness, for example by helping to lower cholesterol and triglyceride levels. In older adults, creatine supplementation may increase strength and muscle mass, while also supporting cognitive function. Some studies suggest creatine may even act as an antidepressant. Creatine may support brain health in neurodegenerative diseases such as Parkinson's, improve exercise capacity in individuals with cardiovascular conditions, and enhance energy metabolism in chronic fatigue syndrome. Additionally, some evidence suggests creatine may aid recovery from traumatic brain injury by supporting brain energy metabolism and reducing neuron damage. Overall, creatine shows promise beyond exercise, with potential benefits for heart, liver, brain and muscle health.