



October 2025 Soup Menu



SUNDAY

MEATLESS 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!

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




Chocolate Chip Pumpkin Bars Recipe

By Janice Bissex, MS, RDN Published January 24, 2018



Rebecca Clyde MS, RDN, CD

Ingredients

1 cup all-purpose flour	1 teaspoon ground cinnamon	½ cup canola oil
1 cup whole-wheat flour	½ teaspoon baking soda	¼ cup low-fat milk
1 cup pecans, very finely chopped	½ teaspoon salt	½ cup mini semi-sweet chocolate chips
¾ cup granulated sugar	4 large eggs, beaten	
2 teaspoons baking powder	1 15-ounce can 100% pure pumpkin	

Directions Before you begin: Wash your hands.

1. Preheat the oven to 350°F (176°F). Lightly oil or coat a 15-x-10-x-1-inch rimmed baking or jelly roll pan with nonstick cooking spray and set aside.
2. Whisk together the all-purpose flour, whole-wheat flour, pecans, sugar, baking powder, cinnamon, baking soda and salt in a large bowl until combined.
3. In a separate bowl, whisk the eggs, pumpkin, oil and milk until blended. Pour the liquid ingredients over the dry ingredients and stir until just combined. Stir in the chocolate chips.
4. Spread the batter evenly in the prepared pan and bake for 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Transfer the pan to a wire rack and cool for 10 minutes before slicing into 30, 2-x-2 ½-inch bars.

For maximum freshness, store leftovers in a plastic container or zip-top bag in the refrigerator.

Nutrition Information Serving size: 1 bar

Calories: 140; Total Fat: 8g; Saturated Fat: 1g; Trans Fat: 0g; Cholesterol: 25mg; Sodium: 95mg; Total Carbohydrate: 16g; Dietary Fiber: 2g; Sugars: 7g; Protein: 2g; Vitamin A: 45%; Vitamin C: 2%; Calcium: 2%; Iron: 4%.

If you're looking for a nutritious, kid-pleasing snack for after school or the lunch box, this is the recipe for you. Thanks to the pumpkin (which, by the way, blends right in), each serving has almost half a day's worth of immune-boosting vitamin A. As for the nuts, they add heart-healthy fat and protein to each delicious bite.