

November 2025 Soup Specials

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
Chef's Choice

2
Chef's Choice

3
Potato Soup
Roasted Carrot

4
Corned Beef & Cabbage
Butternut Squash

5
Chicken Tortilla
Vegan Spinach Soup

6
Detox Soup
Vegan Minestrone

7
Kielbasa and Kale
Wild Rice Soup

8
Chef's Choice

9
Chef's Choice

10
Egg Drop
French Lentil

11
Beef Vegetable
Vegan Black Bean

12
Chicken and Rice
Mushroom Garlic

13
Italian Wedding
Roasted Red Pepper

14
Chicken Noodle
Miso

15
Chef's Choice

16
Chef's Choice

17
French Onion
Curried Cauliflower

18
Sweet and Sour Soup
Garden Vegetable

19
African Peanut Soup
Hearty Tomato

20
Pork Green Chili
Vegan Green Chili

21
Beef Barley
Mushroom Barley

22
Chef's Choice

23
Chef's Choice

24
Tortellini Soup
Tomato Basil

25
Turkey Noodle
Tuscan Bean

26
Clam Chowder
Vegan Corn

27
Thanksgiving Special
All Day


28
Navy Beans and Ham
Fresh Pea Soup

29
Chef's Choice

30
Chef's Choice



Sweet Potato Cornbread Muffins Recipe

By Jessica Cox, RD Published January 24, 2014



Rebecca Clyde MS, RDN, CD

Sweet potatoes are high in vitamins A and C, and make a delicious addition to cornbread.

Ingredients

2 ¼ cups yellow cornmeal
1 cup all-purpose flour
½ cup turbinado sugar
1 tablespoon baking powder
1 ½ teaspoons salt
½ teaspoon baking soda
¼ teaspoon ground ginger
1 ¾ cups low-fat buttermilk
1 cup mashed roasted sweet potato (about 1 large)
4 large eggs, lightly beaten
¼ cup butter, melted

Nutrition Information

Serving size: 1 muffin

Calories: 133; Total Fat: 3.2g; Saturated Fat: 1.6g; Cholesterol: 37mg; Sodium: 292mg; Total Carbohydrate: 22.7g; Fiber: 1g; Protein: 3.4g

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 425°F (218°C).
2. Combine cornmeal, flour, sugar, baking powder, salt, baking soda and ginger in a large bowl, whisking to combine.
3. In a medium bowl, combine buttermilk, sweet potato and eggs; whisk until smooth.
4. Add sweet potato mixture to cornmeal mixture, and stir just until moistened. Then, stir in melted butter.
5. Spoon batter into lightly greased muffin pans, filling about three-fourths full.
6. Bake 18 to 22 minutes or until tops are golden brown. Cool in pan for 5 minutes.