



# March 2026 Soup Menu

SUNDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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

National Nutrition Month® was initiated in 1973 as National Nutrition Week. It became a month-long observance in 1980 in response to growing interest in nutrition. The second Wednesday of March is Registered Dietitian Nutritionist Day, an annual celebration of the dedication of RDNs as the leading advocates for advancing the nutritional status of Americans and people around the world. This year's observance will be March 11<sup>th</sup>.



# Discover the Power of Nutrition

Words may be horizontal, vertical, diagonal, or backwards

Apples	N	S	L	I	T	N	E	L	O	T	B	A	D	
Bok Choy	D	E	N	H	O	R	G	A	S	I	H	L	R	
Carrot	M	H	O	R	N	E	D	M	E	L	O	N	Y	
Cornmeal	O	U	D	O	L	S	Q	U	R	A	A	P	L	
Horned Melon	T	R	Y	P	S	U	J	S	R	P	L	R	P	
Jackfruit	L	E	T	H	O	F	R	A	H	Y	I	L	D	E
Lentils	T	D	R	K	I	R	A	R	C	A	I	C	A	
Milk	O	C	U	T	L	C	K	O	P	C	T	A	H	
Mushrooms	P	A	H	C	A	T	T	O	C	I	R	D	O	
Pistachios	T	B	O	M	Q	E	A	M	L	S	O	E	J	
Pork	T	B	C	N	U	O	O	S	A	P	T	N	A	
Quinoa	C	A	R	R	O	T	P	I	B	B	H	O	C	
Red Cabbage	M	G	C	Y	R	S	A	F	R	A	E	N	K	
Ricotta	L	E	U	K	Q	O	M	E	U	T	M	L	F	
Tilapia	G	L	R	O	N	B	K	R	N	O	I	C	R	
Tortilla	R	E	F	I	J	A	C	A	G	M	L	Y	U	
	L	E	U	L	A	P	P	L	E	S	T	O	I	
	I	Q	N	F	I	E	I	M	L	F	R	H	T	
	A	L	A	E	M	N	R	O	C	Y	O	C	Q	
	B	M	I	S	A	O	G	I	R	A	C	K	A	
	N	R	L	P	Y	S	E	T	L	L	B	O	T	
	P	I	S	T	A	C	H	I	O	S	J	B	I	
	S	F	L	E	W	U	G	M	Y	N	D	E	L	

