



SEPTEMBER

Lemon, Chicken & Orzo
Tomato Zucchini
Cauliflower Cheddar

DECEMBER

Maine Lobster Bisque N.E. Clam Chowder Lasagna Soup

OCTOBER

Spiced Pumpkin Bisque Butternut Squash & Apple Organic Savory Harvest Bisque

JANUARY

Organic Ancient Grain Minestrone Organic Lentil & Chickpea Chicken, Kale & Sweet Potato

NOVEMBER

Thanksgiving Everyday
Creamy Chicken & Wild Rice
Sweet Potato & Corn Chowder

FEBRUARY

Uncle Teddy's Beef Chili Organic Vegetarian Chili Chicken Spaetzle Soup

- SEE NEXT PAGE FOR MORE DETAILS -





2019-2020 LTO SUGGESTIONS





SEPT.

LEMON. CHICKEN & ORZO (#75067 Fresh)

White meat chicken, orzo, carrots, onions, and spinach in a vegetable stock with lemon and roasted garlic.

DAIRY FREE - LOW FAT CHICKEN RAISED WITHOUT ANTIBIOTICS



Also Great in December:

MAINE LOBSTER BISQUE

(#75030 Fresh - #77030 Frozen)

A perfect blend of minced sweet lobster meat simmered in rich cream and sherry.

Also Great in September:

Tomato Zucchini (#75194) GLUTEN FREE - GOOD SOURCE OF FIBER Cauliflower Cheddar (#75083 Fresh - #78083 Frozen) GLUTEN FREE



SPICED PUMPKIN BISOUE (#75009 Fresh - #78009 Frozen)

Creamy and sweet pumpkin puree is gently blended with light cream, sweet potatoes and a delicate medley of spices.

VEGETARIAN - GLUTEN FREE



Also Great in January:

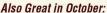
New England Clam Chowder (#7500 Fresh - #77020 Frozen)

Lasagna Soup (#75101 Fresh - #78001 Frozen)

ORG. ANCIENT GRAIN MINESTRONE (#76003 Fresh - #78603 Frozen)

Classic minestrone flavor with an ancient twist; a hearty medley of farro, quinoa, and barley.

VEGAN - LOW FAT - HALAL



Butternut Squash & Apple (#75083 Fresh - #78083 Frozen)

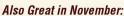
Org. Savory Harvest Bisque (#76062 Fresh - #78662 Frozen) VEGETARIAN - HALAL



THANKSGIVING EVERY DAY **CREAM OF TURKEY SOUP**

(75046Fresh - #77046 Frozen)

Diced white turkey meat, wild rice blend, cranberries, cream and a touch of sherry wine.



Creamy Chicken & Wild Rice (#80117 Fresh) GLUTEN FREE Sweet Potato & Corn Chowder (#74192 Fresh)

VEGAN - GLUTEN FREE - LOW FAT



Org. Lentil & Chickpea (#76025 Fresh - #78625 Frozen) VEGAN - LOW FAT

GLUTEN FREE - LOW FAT - CHICKEN RAISED WITHOUT ANTIBIOTICS

Chicken, Kale & Sweet Potato (#75882 Fresh - #78082 Frozen)

UNCLE TEDDY'S CHUNKY BEEF CHILI

(#75032 Fresh - #77032 Frozen)

Chunks of beef, kidney and black beans and bell peppers, simmered in a flavorful blend of tomatoes and spices, this chili makes for a hearty meal anytime of the year.

GLUTEN FREE

Also Great in February:

Organic Vegetarian Chili (#76018 Fresh - #78618 Frozen) **VEGAN - GLUTEN FREE - LOW FAT - HALAL**

Chicken Spaetzle Soup (#75108 Fresh - #77208 Frozen) DAIRY FREE- CHICKEN RAISED WITHOUT ANTIBIOTICS

You can also use as a base for IMPOSSIBLE Brand "Mea

39% SAY SEASONAL FLAVORS CREATE FEELINGS OF COMFORT





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