

Souper Meals Ingredient list:

Pizza and Salad - contains: gluten dairy, meat

Focaccia bread(fLOUR, oil, salt, honey, yeast), tomatoes, oil, basil, oregano, italian seasonings, garlic, carrots, cheese, changing toppings - meat, veggies

Baked potato soup (contains bacon, dairy, gluten)

Potatoes, celery, onions, carrots, garlic, chicken stock, butter, flour, whole milk, parsley, onion powder, garlic powder, salt, pepper, paprika, nutmeg. Toppings bacon, cheddar cheese, green onions

Korean Beef Bowls - contains: gluten, meat, sesame seeds, ginger, soy

Ground beef, Carrot, Cabbage, Onions, Rice, Brown sugar, Soy sauce, Sesame oil, Ginger, Garlic, Sesame seeds

Taco soup (contains meat)

Ground beef, onions, carrots, diced bell pepper, celery, garlic, canned tomatoes, tomato paste, kidney beans, corn, winter squash, oil, bay leaves, chili powder, cumin powder, paprika, salt, onion powder, garlic powder, oregano, pepper.

Lasagana (casserole) - contains: gluten, dairy, meat

Ground beef, Vegetable oil, Onions, Carrots, Bell Peppers, Squash, Spinach, Salt, Pepper, Oregano, Italian Seasoning, Rosemary, Tomato, Garlic, Salt, Red Pepper Flakes, Cottage Cheese, Basil, Lasagna Noodles, Mozzarella, Parmesan

Butter Chicken - contains: meat, dairy, ginger

Chicken, Plain yogurt, Lemon juice, Garlic, Ginger, Garam masala, Chili powder, Cumin, Salt, Butter, Oil, Onion, Tomato puree, Heavy cream(35%), Sugar, Kasuri Methi,

Chicken noodle soup (contains eggs, gluten)

Chicken, onions, carrots, celery, garlic, egg noodles, spices (parsley, thyme, salt, pepper)

Mac and cheese (contains dairy, anchovies, soy and gluten)

macaroni noodles, butter, flour, milk, **Worcestershire sauce**, mozzarella and cheddar cheeses, spices (mustard, garlic powder, salt and pepper).

Shawarma Wraps - contains: gluten, dairy, meat

Chicken, Garlic Cloves, Coriander, Cumin, Paprika, Salt, Pepper, Lemon Juice, Olive Oil, Mayo, Greek Yogurt, Garlic Cloves, Cumin, White pepper, Honey, Paprika, Salt, Parsley, Rice, Pickles, Cheese, Chickpeas

Buddha Bowl

Chick Peas, Sweet Potato/Winter Squash, Carrots, Cucumbers, Purple cabbage, Sprouts, Olive Oil, Cumin Powder, Paprika, Nutritional Yeast, Water, Tamari/Braggs (GF), Apple Cider Vinegar, Garlic Cloves, Olive Oil, Tahini Paste, Rice

Lasagna Soup (contains gluten,meat)

Shredded mozzarella, ground beef, onion, tomatoes, salt, pepper, carrots, celery, kraft parmesan cheese, garlic, garlic powder, onion powder, bay leaves, basil, oregano, beef bouillon

Creamy Chicken and Rice soup (contains dairy)

Chicken, onions, potatoes, carrots, peas, celery, chicken stock, rice, milk, potatoes, oil, thyme, rosemary, salt, pepper.

Golden Pirate Soup

Oil, garlic, onions, carrots, celery, potatoes, tomato paste, red lentils, bay leaves, coconut milk, curry powder, salt, sugar, rice