

Arbor Farms Market October Soup Schedule Available daily in our Grab 'n Go:

Tomato Basil

1-Oct	2-Oct	3-Oct	4-Oct	5-Oct	6-Oct
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted	Roasted	Roasted	Roasted	Roasted	Roasted
Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle
Caramelized	Curried Lentil	White Cheddar	Butternut	Cream of	Chunky
Onion/ Sweet Pot	and Spinach	Broccoli	Parsnip	Mushroom	Potato
Beef and	Wild Rice	Bean and	Blackened	Hearty Beef	Smoked Turkey
Barley	Chicken	Bacon	Salmon Chowder	Chili	and White Bean
8-Oct	9-Oct	10-Oct	11-Oct	12-Oct	13-Oct
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted	Roasted	Roasted	Roasted	Roasted	Roasted
Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle
Roasted	German Beer	Navy Bean	Roasted	Hot and	Jarlsberg
Vegetable Barley	and Cheddar	Vegetable	Cauliflower	Sour	and Onion
Polish Sausage	Beef and	Bombay Chicken	Curried Salmon	Turkey Black	Lamb and
& White Bean	Vegetable	and Vegeable	Chowder	Bean Chili	Lentil
15-Oct	16-Oct	17-Oct	18-Oct	19-Oct	20-Oct
TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted	Roasted	Roasted	Roasted	Roasted	Roasted
Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle	Chicken Noodle
Caramelized	Curried Lentil	White Cheddar	Butternut	Cream of	Chunky
Onion/Sweet Pot	and Spinach	Broccoli	Parsnip	Mushroom	Potato
Beef and	Wild Rice	Bean and	Blackened	Hearty Beef	Smoked Turkey
Barley	Chicken	Bacon	Salmon Chowder	Chili	and White Bean
22-Oct	23-Oct	24-Oct	25-Oct	26-Oct	27-Oct
TUESDAY	WEDNESDAY		EDIDAY		
	WEDNESDAT	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Roasted	Roasted	Roasted	Roasted	Roasted	SUNDAY Roasted
Roasted	Roasted	Roasted	Roasted	Roasted	Roasted
Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle	Roasted Chicken Noodle
Roasted Chicken Noodle Roasted	Roasted Chicken Noodle German Beer	Roasted Chicken Noodle Navy Bean	Roasted Chicken Noodle Roasted	Roasted Chicken Noodle Hot and	Roasted Chicken Noodle Jarlsberg
Roasted Chicken Noodle Roasted Vegetable Barley	Roasted Chicken Noodle German Beer and Cheddar	Roasted Chicken Noodle Navy Bean Vegetable	Roasted Chicken Noodle Roasted Cauliflower	Roasted Chicken Noodle Hot and Sour	Roasted Chicken Noodle Jarlsberg and Onion
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage	Roasted Chicken Noodle German Beer and Cheddar Beef and	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon	Roasted Chicken Noodle Hot and Sour Turkey Black	Roasted Chicken Noodle Jarlsberg and Onion Lamb and
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon	Roasted Chicken Noodle Hot and Sour Turkey Black	Roasted Chicken Noodle Jarlsberg and Onion Lamb and
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 29-Oct	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable 30-Oct	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable 31-Oct	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon Chowder	Roasted Chicken Noodle Hot and Sour Turkey Black Bean Chili	Roasted Chicken Noodle Jarlsberg and Onion Lamb and Lentil
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 29-Oct TUESDAY	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable 30-Oct WEDNESDAY	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable 31-Oct THURSDAY	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon Chowder	Roasted Chicken Noodle Hot and Sour Turkey Black Bean Chili	Roasted Chicken Noodle Jarlsberg and Onion Lamb and Lentil
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 29-Oct TUESDAY Roasted	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable 30-Oct WEDNESDAY Roasted	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable 31-Oct THURSDAY Roasted	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon Chowder	Roasted Chicken Noodle Hot and Sour Turkey Black Bean Chili	Roasted Chicken Noodle Jarlsberg and Onion Lamb and Lentil
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 29-Oct TUESDAY Roasted Chicken Noodle	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable 30-Oct WEDNESDAY Roasted Chicken Noodle	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable 31-Oct THURSDAY Roasted Chicken Noodle	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon Chowder	Roasted Chicken Noodle Hot and Sour Turkey Black Bean Chili	Roasted Chicken Noodle Jarlsberg and Onion Lamb and Lentil
Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 29-Oct TUESDAY Roasted Chicken Noodle Caramelized	Roasted Chicken Noodle German Beer and Cheddar Beef and Vegetable 30-Oct WEDNESDAY Roasted Chicken Noodle Curried Lentil	Roasted Chicken Noodle Navy Bean Vegetable Bombay Chicken and Vegetable 31-Oct THURSDAY Roasted Chicken Noodle White Cheddar	Roasted Chicken Noodle Roasted Cauliflower Curried Salmon Chowder	Roasted Chicken Noodle Hot and Sour Turkey Black Bean Chili	Roasted Chicken Noodle Jarlsberg and Onion Lamb and Lentil
	Roasted Chicken Noodle Caramelized Onion/ Sweet Pot Beef and Barley 8-Oct TUESDAY Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 15-Oct TUESDAY Roasted Chicken Noodle Roasted Vegetable Barley Polish Sausage & White Bean 15-Oct TUESDAY Roasted Chicken Noodle Caramelized Onion/Sweet Pot Beef and Barley 22-Oct	Roasted Chicken Noodle Caramelized Onion/ Sweet Pot Beef and Barley Chicken Noodle Chicken Barley Roasted Chicken Noodle Caramelized Chicken Noodle Chicken Noodle Caramelized Chicken Noodle	TUESDAYWEDNESDAYTHURSDAYRoastedRoastedRoastedChicken NoodleChicken NoodleChicken NoodleCaramelized Onion/ Sweet PotCurried Lentil and SpinachWhite Cheddar BroccoliBeef andWild RiceBean andBarleyChickenBacon8-Oct9-Oct10-OctTUESDAYWEDNESDAYTHURSDAYRoastedRoastedRoastedChicken NoodleChicken NoodleChicken NoodleRoastedGerman Beer and CheddarNavy Bean VegetableVegetable BarleyBeef and VegetableBombay Chicken and Vegeable15-Oct16-Oct17-OctTUESDAYWEDNESDAYTHURSDAYRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleChicken NoodleChicken NoodleChicken NoodleCaramelized Onion/Sweet Potand Spinach and SpinachBroccoliBeef and BarleyWild RiceBean andBarleyChickenBacon22-Oct23-Oct24-Oct	TUESDAYWEDNESDAYTHURSDAYFRIDAYRoastedRoastedRoastedRoastedRoastedChicken NoodleChicken NoodleChicken NoodleChicken NoodleCaramelizedCurried LentilWhite CheddarButternutOnion/ Sweet Potand SpinachBroccoliParsnipBeef andWild RiceBean andBlackenedBarleyChickenBaconSalmon Chowder8-Oct9-Oct10-Oct11-OctTUESDAYWEDNESDAYTHURSDAYFRIDAYRoastedRoastedRoastedRoastedChicken NoodleChicken NoodleChicken NoodleChicken NoodleRoastedGerman BeerNavy BeanRoastedVegetable Barleyand CheddarVegetableCauliflowerPolish SausageBeef andBombay ChickenCurried Salmon& White BeanVegetableand VegeableChowder15-Oct16-Oct17-Oct18-OctTUESDAYWEDNESDAYTHURSDAYFRIDAYRoastedRoastedRoastedChicken NoodleChicken NoodleChicken NoodleChicken NoodleChicken NoodleChicken NoodleChicken NoodleChicken NoodleChicken NoodleCaramelizedCurried LentilWhite CheddarButternutOnion/Sweet Potand SpinachBroccoliParsnipBeef andWild RiceBean andBlackenedBarleyChickenBaconSalmon Chowder22-	TUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleCaramelized Onion/ Sweet Pot Beef and BarleyCurried Lentil and Spinach Amade SpinachWhite Cheddar BroccoliButternut ParsnipCream of MushroomBeef and BarleyWild Rice ChickenBean and BaconBlackened Salmon ChowderHearty BeefBarleyChickenBaconSalmon ChowderChili8-Oct9-Oct10-Oct11-Oct12-OctTUESDAYWEDNESDAYTHURSDAYFRIDAYSATURDAYRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleChicken NoodleRoasted Vegetable BarleyGerman Beer and Cheddar VegetableNavy Bean VegetableRoasted Cauliflower CauliflowerTurkey Black Bean Chili8 White Bean VegetableBeef and AvegetableBombay Chicken And VegeableCurried Salmon ChowderTurkey Black Bean Chili15-Oct16-Oct17-Oct18-Oct19-OctTUESDAY Roasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleRoasted Chicken NoodleChicken Noodle Chicken NoodleChicken NoodleCaramelized Onion/Sweet PotCurried Lentil and SpinachWhite Cheddar BroccoliButternut ParsnipCream of MushroomBeef and