

**HALE
and
HEARTY
SOUPS**



AVAILABLE FOR DELIVERY

Week of February 27th, 2012

Low-fat Favorites!

CHICKEN & MUSHROOMS WITH EGG BARLEY PASTA (L) \$35.50 *USE BY 3/18*

Rustic chicken soup is the tastiest way to fight off the cold and flu season

Chicken stock, crimini mushrooms, white mushrooms, onions, chicken tenders, celery, spinach, leeks, egg barley pasta, corn starch, butter, garlic blend, salt, black pepper.

Contains: Milk, Wheat, Egg

TOMATO ZUCCHINI (V, L, D, GF, RH) \$23.00 *USE BY 3/21*

A light and flavorful tomato soup loaded with fresh Zucchini

Water, zucchini, crushed tomatoes, onions, sugar, salt, chives, garlic blend, red wine vinegar, black pepper.

WHITE BEAN, BROCCOLI, & SUN-DRIED TOMATO (V, L, D, GF) \$23.00 *USE BY 3/21*

Thick and unique combination of fresh broccoli, sun dried tomatoes and white beans are brought together to create this vegetarian soup

Water, white kidney beans, onions, carrots, celery, broccoli, crushed tomatoes, sun dried tomatoes, salt, garlic blend, olive oil, basil, thyme, black pepper.

****Low-fat is classified as having less than 3.5 grams of fat per 8 oz. serving****

ALWAYS FRESH, NEVER FROZEN

PLEASE CALL HEINEMAN AT (877) 238-6486 FOR ORDERS

BEFORE NOON THURSDAY TO ENSURE NEXT WEEK'S DELIVERY

WEEKLY SPECIALS MENU

Seafood of the Week

RHODE ISLAND CLAM CHOWDER (contains bacon) **(D, GF)** \$34.50 *USE BY 3/16*

Our version of the classic Rhode Island "clear" clam chowder loaded with minced clams, hearty vegetables and fresh herbs

Chicken stock, clam juice, potatoes, onions, carrots, celery, chopped clams, sliced water chestnuts, double smoked bacon, polenta, salt, garlic blend, blended oil, lemon juice, parsley, thyme, Tabasco sauce, fennel seed, red pepper flakes, black pepper.

Contains: Shellfish, Pork

Vegetarian Options

CAMPFIRE VEGETARIAN CHILI (V, L, D, GF) \$34.50 *USE BY 3/23*

Hearty chili made with three different beans, meaty Portobello mushrooms and aromatic chili spices

Water, red onion, mixed peppers, Portobello mushrooms, red kidney beans, white kidney beans, chick peas, diced tomatoes, scallions, molasses, tomato paste, sun dried tomatoes, ancho chilies, poblano peppers, cilantro, sherry wine vinegar, garlic blend, salt, cumin, blended oil, oregano, paprika, chipotle peppers, ancho chili powder, black pepper.

GINGER BUTTERNUT SQUASH (V, D, GF, RH) \$38.50 *USE BY 3/22*

PRICE BREAKDOWN: \$0.19 per oz, \$2.22 per 12 oz serving

Blends the smoothness of butternut squash with the gentle heat of fresh ginger and sweet coconut milk, just right for the long winter chill

Butternut squash, water, coconut milk, onions, orange concentrate, ginger, dark brown sugar, curry powder, salt, blended oil, white pepper.

SPICED LENTIL WITH SPINACH (V, L, D, GF, RH) \$23.00 *USE BY 3/22*

Moroccan spices and fresh spinach come together to create this highly flavored and complex lentil soup

Water, crushed tomatoes, lentils, onions, carrots, celery, spinach, dark brown sugar, garlic blend, salt, lemon juice, olive oil, cumin, sugar, coriander, cinnamon, black pepper, all spice, cayenne pepper, saffron.

THREE BEAN CHILI (V, L, D, GF) \$27.50 *USE BY 3/14*

A complex vegetarian chili made with black, red, and white beans, four different peppers, fresh chilies and for good measure we finish it with just a touch of old fashioned molasses

Diced tomatoes, red onions, mixed peppers, water, fresh corn, red kidney beans, great northern beans, black beans, tomato paste, poblano peppers, cilantro, sherry wine vinegar, jalapeño peppers, garlic, kosher salt, molasses, blended oil, cumin, Spanish paprika, ancho chili powder, oregano, chipotle peppers, black pepper.

WILD MUSHROOM FAGIOLI (V, L, D, GF) \$30.50 *USE BY 3/18*

Hearty vegetarian soup loaded with fresh vegetables, mushrooms and beans

Water, crimini mushrooms, onions, carrots, celery, white kidney beans, red kidney beans, Portobello mushrooms, shiitake mushrooms, garlic blend, salt, basil, blended oil, black pepper.

WINTER VEGETABLE WITH DUMPLINGS (V, L, D) \$28.50 *USE BY 3/9*

This soup is made combining sweet winter root vegetables, a touch of tomato and hearty potato dumplings simmered together for a cold blustery winter's day.

Water, onions, crushed tomatoes, potato dumplings, sweet potatoes, butternut squash, celery root, carrots, celery, parsnips, white turnips, golden beets, leeks, garlic blend, salt, parsley, blended oil, black pepper.

Contains: Wheat

Poultry

CHICKEN POT PIE (GF) \$30.50 *USE BY 3/12*

Very satisfying soup version of this classic American dish; loaded with fresh vegetables, herbs, and white meat chicken

Chicken stock, carrots, celery, potatoes, onions, chicken tenders, heavy cream, green peas, butter, corn starch, garlic, salt, parsley, thyme, white pepper.

Contains: Milk

CURRIED CHICKEN CHOWDER (GF) \$30.50 *USE BY 3/21*

Creamy Indian-style chowder loaded with diced potatoes, white meat chicken and just the right amount of spices

Chicken stock, potatoes, chicken tenders, onions, heavy cream, carrots, celery, scallions, sugar, butter, curry powder, garlic blend, salt, corn starch, white pepper.

Contains: Milk

CREAMY CHICKEN & BROCCOLI (GF) \$30.50 *USE BY 3/22*

Creamy chicken soup enriched with garden fresh broccoli, sweet vegetables and herbs

Chicken stock, onions, broccoli, chicken tenders, heavy cream, celery, leeks, parsnips, scallions, turnips, corn starch, garlic blend, butter, parsley, salt, white pepper.

Contains: Milk

HUNGARIAN CHICKEN WITH DUMPLINGS (contains bacon) \$35.50 *USE BY 3/17*

A bold blend of white meat chicken, crimini mushrooms and Hungarian paprika, studded with plump potato dumplings, so delicious, you'll think Grandma's in the kitchen

Chicken stock, parsley, carrots, celery, Idaho potatoes, potato dumplings, onions, butter, kosher salt, black pepper, Tabasco sauce, double smoked bacon, corn starch, Spanish paprika, water, tomato puree, crimini mushrooms, garlic, and white meat chicken

Contains: Pork

YUCATAN CHICKEN WITH LIME & ORZO \$38.50 *USE BY 3/16*

PRICE BREAKDOWN: \$0.19 per oz, \$2.22 per 12 oz serving

Light Mexican chicken soup made with tomatillos, white meat chicken, poblano peppers and a touch of fresh lime

Chicken stock, chicken tenders, onions, celery, tomatillos, poblano peppers, sour cream, orzo, scallions, cilantro, lime juice, salt, garlic blend, jalapeño peppers, blended oil, black pepper.

Contains: Milk, Wheat

B e e f

CREAMY TOMATO WITH PASTA & MEATBALLS \$40.50 *USE BY 3/17*

PRICE BREAKDOWN: \$0.19 per oz, \$2.34 per 12 oz serving

This creamy tomato soup with round pasta O's and mini meatballs will take you back to your childhood but leave a better taste in your mouth!

Chicken stock, crushed tomatoes, meatballs, salt, Romano cheese, onions, heavy cream, tomato puree, yellow cheddar cheese, anelli pasta, garlic blend (garlic, canola oil, olive oil), salt, basil, sugar, blended oil (canola oil, olive oil), black pepper.

Contains: milk, wheat, egg and soy.

O t h e r W e e k l y F a v o r i t e s

CREAM OF BROCCOLI (GF) \$30.50 *USE BY 3/19*

Rich and creamy mixture of fresh pureed broccoli

Broccoli, chicken stock, heavy cream, potatoes, onions, butter, salt, garlic, white pepper.

Contains: Milk

CUBAN BLACK BEAN (contains bacon) **(D, GF)** \$32.50 *USE BY 3/22*

Staple of the Cuban kitchen! Our classic black bean soup chockfull of bold flavors. Cooked very slowly, then seasoned with fresh cilantro and all the delicious, traditional spices

Chicken stock, onions, black beans, double smoked bacon, cilantro, jalapeño peppers, garlic blend, salt, sherry wine vinegar, cumin, blended oil, black pepper.

Contains: Pork

PORTUGUESE KALE SOUP (D, GF) \$28.50 *USE BY 3/16*

This soup combines 2 kinds of tender luscious beans with potatoes and of course gently simmered kale, bolstered with pork sausage and a touch of crushed red pepper we know why it's a New England favorite

Chicken stock, onions, pork sausage, turnips, cannellini beans, crushed tomatoes, diced tomatoes, red kidney beans, Idaho potatoes, kale, thyme, parsley, garlic, kosher salt, olive oil, crushed red pepper, black pepper.

P o t a t o S o u p o f t h e W e e k

CHUNKY POTATO LEEK (GF) \$27.50 *USE BY 3/23*

Thick and creamy soup made with loads of diced potatoes and fresh leeks

Potatoes, chicken stock, leeks, heavy cream, onions, butter, salt, parsley, white pepper.

Contains: Milk

HALE & HEARTY EVERYDAY SOUPS MENU

Please note you will receive an average of 2 1/2 - 3 week shelf life for the below soups

V e g a n

- ❖ Classic Black Bean (V, L, D, GF) \$23.00
- ❖ Ginger, Carrot, Artichoke (V, L, D, GF) \$23.00
- ❖ Italian Lentil with Pastini (V, L, D) \$23.00
- ❖ Pasta E Fagioli (V, L, D) \$23.00
- ❖ Ten Vegetable (V, L, D, GF) \$23.00
- ❖ Tomato Basil with rice (V, L, D, GF) \$23.00
- ❖ Tuscan White Bean with Spinach (V, L, D, GF) \$23.00
- ❖ Vegetarian Split Pea (V, L, D, GF, RH) \$23.00
- ❖ Wild Mushroom Barley with peas & fresh dill (V, L, D) \$23.00

P o u l t r y

- ❖ Classic Chicken Noodle *without* dill (L, D) \$30.50
- ❖ Chicken Noodle *with* dill (L, D) \$30.50
- ❖ Chicken & Sausage Jambalaya (D, GF) \$32.50
- ❖ Cream of Tomato with Chicken & Orzo \$30.50
- ❖ Senegalese Chicken with Peanuts (D, GF, RH) \$32.50

B e e f

- ❖ Beef Barley \$34.50
- ❖ Traditional Italian Wedding Soup \$28.50

S e a f o o d

- ❖ Manhattan Clam Chowder (contains Pancetta) (GF) \$34.50
- ❖ Traditional New England Clam Chowder (contains bacon) (GF) \$36.50

C h i l i

- ❖ Texas Beef Chili (D) \$40.50
- ❖ Home-style Turkey Chili (D, GF) \$35.50
- ❖ Three Lentil Chili (V, L, D, GF) \$23.00

O t h e r D a i l y F a v o r i t e s

- ❖ Classic Minestrone (contains Pancetta) (D) \$23.00
- ❖ Split Pea with Smoked Bacon (D, GF, RH) \$27.50
- ❖ Mulligatawny (GF) \$30.50
- ❖ Sweet Corn Chowder (contains Bacon) (GF) \$31.50
- ❖ Tomato Cheddar (GF) \$34.50

V = Vegetarian **L** = Low Fat **D** = Dairy Free **GF** = Gluten Free **RH** = Reheatable