



# Soup Menu

## JULY 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
			<p><i>Happy July 4th</i></p>		<p>Mike's 1 Turkey Chili <small>made with Natural DIESEL TURKEY</small> ● Meat ○ Wheat ○ Dairy ○ Vegan</p>	<p>Cream of 2 Mushroom VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	<p>Potato 3 Cheddar VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>
<p><b>Paleo</b> 4 Cauliflower Turmeric ○ Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p><b>Paleo</b> 5 Chicken Vegetable ● Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p>Carrot 6 Coconut Ginger ○ Meat ○ Wheat ○ Dairy ● <b>Vegan</b></p>	 <p><b>QUICHE LORRAINE</b></p>	<p><i>Bill's</i> 8 Black Bean Chili ○ Meat ○ Wheat ○ Dairy ● <b>Vegan</b></p>	<p>Boston 9 Clam Chowder <small>made with Niman Ranch BACON</small> ● Meat ○ Wheat ● Dairy ○ Vegan</p>	<p>Tomato 10 Parmesan GLUTEN FREE ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	
<p><b>Paleo</b> 11 Cabbage Weight Loss ● Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p>Chicken 12 Noodle <small>made with Rosie's ORGANIC CHICKEN</small> ● Meat ● Wheat ○ Dairy ○ Vegan</p>	<p>African 13 Peanut Curry ● Meat ○ Wheat ○ Dairy ○ Vegan</p>	 <p><b>BURRITOS • BREAKFAST • CHICKEN • SOUTHWEST</b></p>	<p>Mike's 15 Turkey Chili <small>made with Natural DIESEL TURKEY</small> ● Meat ○ Wheat ○ Dairy ○ Vegan</p>	<p>Cream of 16 Mushroom VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	<p>Potato 17 Cheddar VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	
<p><b>Paleo</b> 18 Cauliflower Turmeric ○ Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p><b>Paleo</b> 19 Chicken Vegetable ● Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p>Carrot 20 Coconut Ginger ○ Meat ○ Wheat ○ Dairy ● <b>Vegan</b></p>	 <p><b>PENNE PESTO</b></p>	<p><i>Bill's</i> 22 Black Bean Chili ○ Meat ○ Wheat ○ Dairy ● <b>Vegan</b></p>	<p>Boston 23 Clam Chowder <small>made with Niman Ranch BACON</small> ● Meat ○ Wheat ● Dairy ○ Vegan</p>	<p>Tomato 24 Parmesan GLUTEN FREE ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	
<p><b>Paleo</b> 25 Cabbage Weight Loss ● Meat ○ Wheat ○ Dairy ● <b>Paleo</b></p>	<p>Chicken 26 &amp; Wild Rice <small>made with Rosie's ORGANIC CHICKEN</small> ● Meat ○ Wheat ○ Dairy ○ Vegan</p>	<p><i>Fresh</i> 27 <i>Local-Organic</i> Gazpacho ○ Meat ○ Wheat ○ Dairy ● <b>Vegan</b></p>	 <p><b>VEGGIE WRAP WITH HUMMUS</b></p>	<p>Mike's 29 Turkey Chili <small>made with Natural DIESEL TURKEY</small> ● Meat ○ Wheat ○ Dairy ○ Vegan</p>	<p>Cream of 30 Mushroom VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	<p>Potato 31 Cheddar VEGETARIAN ○ Meat ○ Wheat ● Dairy ○ Vegan</p>	

in Grass Valley

999 SUTTON WAY 272-2043

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in Auburn

340C ELM AVE 888-1011

available with lowfat ice cream or frozen yogurt  
or VEGAN with coconut or almond milk

## Blasts & Smoothies



Monday-Saturday 6AM ~ 6PM Sunday 6AM ~ 5PM

[www.FlourGarden.com](http://www.FlourGarden.com) • soup menu subject to change without notice