



Soup Menu

JULY 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				<p><i>Have a fire-safe July 4th</i></p>		Cream of 1 Mushroom VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Potato 2 Cheddar VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan
Paleo 3 Cauliflower Turmeric <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo	Southwestern Chicken made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Carrot 5 Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	 QUICHE LORRAINE	Mike's 7 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Boston 8 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Tomato 9 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	
Paleo 10 Cabbage Weight Loss <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo	Chicken 11 Noodle made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	African 12 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	 BURRITOS •BREAKFAST •CHICKEN •SOUTHWEST	Mike's 14 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Cream of 15 Mushroom VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Chard 16 Cannellini & Butternut <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	
Paleo 17 Cauliflower Turmeric <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo	Chicken 18 & Wild Rice made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Carrot 19 Coconut Ginger <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	 PENNE PESTO	Bill's 21 Black Bean Chili <input type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Vegan	Boston 22 Clam Chowder made with Niman Ranch BACON <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Tomato 23 Parmesan GLUTEN FREE <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	
Paleo 24/31 Cauliflower Turmeric <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input checked="" type="radio"/> Paleo	Chicken 25 Noodle made with Rosie's ORGANIC CHICKEN <input checked="" type="radio"/> Meat <input checked="" type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	African 26 Peanut Curry <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	 VEGGIE WRAP WITH HUMMUS	Mike's 28 Turkey Chili made with Natural DIESTEL TURKEY <input checked="" type="radio"/> Meat <input type="radio"/> Wheat <input type="radio"/> Dairy <input type="radio"/> Vegan	Cream of 29 Mushroom VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	Potato 30 Cheddar VEGETARIAN <input type="radio"/> Meat <input type="radio"/> Wheat <input checked="" type="radio"/> Dairy <input type="radio"/> Vegan	

in Grass Valley

999 SUTTON WAY 530-272-2043

109 NEAL ST 530-477-2253

in Auburn

340C ELM AVE 530-888-1011

Blasts & Smoothies

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

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

www.FlourGarden.com • soup menu subject to change without notice

