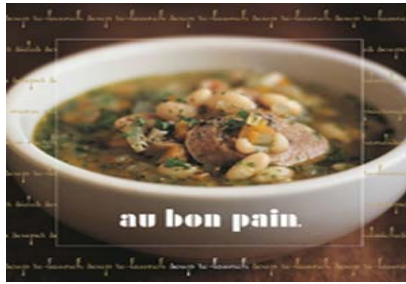


SOUPS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Fiber (g)	Carbs (g)
Baked Stuffed Potato						
	12 oz.	350	20	10	2	29
	16 oz.	460	27	13	3	39
Broccoli Cheddar Soup						
	12 oz.	300	21	10	2	20
	16 oz.	400	28	13	3	28
Chicken and Dumplings						
	12 oz.	210	7	3	2	28
	16 oz.	290	9	4	3	38
Chicken Florentine						
	12 oz.	180	8	1	2	21
	16 oz.	330	11	2	2	28
Chicken Gumbo						
	12 oz.	180	8	1	1	21
	16 oz.	240	11	2	2	28
Chicken Noodle (Low Fat)						
	12 oz.	130	3	1	2	19
	16 oz.	180	4	1	2	25
Clam Chowder						
	12 oz.	320	18	7	1	27
	16 oz.	450	24	10	2	37
Corn Chowder						
	12 oz.	350	18	8	3	40
	16 oz.	460	23	11	4	53
Corn & Green Chile Bisque						
	12 oz.	260	15	7	3	27
	16 oz.	340	20	10	4	36
Cream of Chicken & Wild Rice						
	12 oz.	240	14	5	1	22
	16 oz.	320	19	7	2	30
Curried Rice & Lentil (Low Fat)						
	12 oz.	170	2	0	8	30
	16 oz.	230	3	0	11	40
French Onion (Low Fat)						
	12 oz.	130	5	2	2	19
	16 oz.	170	6	3	3	25
Garden Vegetable (Low Fat)						
	12 oz.	80	2	0	3	13
	16 oz.	100	2	0	4	18

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SOUPS	Serving Size	Calories	Fat (g)	Sat. Fat (g)	Fiber (g)	Carbs (g)
Old Fashioned Tomato Rice (Reduced Sodium)						
	12 oz.	120	1	0	2	24
	16 oz.	160	2	0	3	32
Pasta e Fagioli						
	12 oz.	250	8	2	9	35
	16 oz.	350	11	3	12	47
Potato Cheese with Ham						
	12 oz.	260	14	9	2	24
	16 oz.	340	18	11	2	33
Potato Leek						
	12 oz.	300	19	10	2	28
	16 oz.	400	25	14	3	37
Southwestern Tortilla						
	12 oz.	190	10	3	4	23
	16 oz.	260	13	4	5	31
Split Pea Soup w/ Ham (Low Fat)						
	12 oz.	250	2	0	15	41
	16 oz.	340	2	0	20	55
Thai Coconut Curry Soup						
	12 oz.	160	7	2	2	21
	16 oz.	220	9	2	3	27
Tomato Basil Bisque						
	12 oz.	210	9	5	4	27
	16 oz.	280	12	7	5	36
Vegetable Beef Barley (Low Fat)						
	12 oz.	140	3	2	4	21
	16 oz.	190	4	2	5	28
Wild Mushroom Bisque						
	12 oz.	190	9	2	2	22
	16 oz.	250	13	3	3	30

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