



# MONTHLY MENU

## AUGUST FOODSERVICE

### AWESOME SAUCE BY HALE & HEARTY

Hale & Hearty has taken the same fresh, simple, and homemade approach to our new pasta sauces that has made us NYs favorite soup for more than 20 years. These sauces are a tribute to all the kitchen pioneers we grew up with, you know them as Mom, Dad, Grandma, etc. .... Serve them hot as the perfect ingredient for all your pasta, pizza, and specialty sandwich needs and / or repack them into quarts for the home flavor experience.

**\*NEW! \*ARRABBIATA SAUCE.....18542.....(V, VN, D, GF, AN)**

*Perfectly pureed, our spicy tomato sauce is simmered in small batches to allow the fresh ingredients to shine through. This intense flavor only comes from being homemade, our kitchen may be just a little bigger than yours!*

**\*MARINARA SAUCE.....18540....(VN, V D, GF, AN)**

*Our marinara sauce has the taste and juice of fresh tomato, but also a velvety texture and the rich bite of olive oil. Chunky and robust, this sauce is perfect for pasta, pizza, sandwiches and more!*

**\*MEAT SAUCE.....18541.....(D)**

*This thick and hearty sauce has bright tomato flavor and loads of ground beef for the ideal taste and texture for lasagna, pasta, and (when nobody is looking) a personal snack by the spoonful!*

**\*VODKA SAUCE.....18543.....(V)**

*This smooth, creamy sauce featuring tomatoes, parmesan cheese, cream, and a splash of vodka—became popular in the U.S. sometime in the late '70s and early '80s. Its history may be muddled, but its flavors are crystal clear.*

### MACS, BAKES & HEARTY MEALS

Inspired by our favorite comfort dishes, serve these satisfying, thick recipes as a meal on their own or as a hearty accompaniment.

**\*ROMAN TOMATO WITH SAUSAGE & PEPPERS .....18284.....(GF)**

*All the flavors you would expect from this popular Italian-American dish in a cup! Brimming with large pieces of Esposito's sweet Italian sausage, bell peppers, onions, tomatoes and sweet basil.*

**\*SHEPHERD'S PIE FILLING.....18501.....(D)**

*The epitome of simple, homey comfort, our "Shepherd's" Pie filling is brimming with beef and veggies just waiting to be topped with your own creamy mashed potatoes and whatever else you decide to make it your own. Packed with flavor and so satisfying, it will give your favorite pub a run for their money.*

**\*BROKEN LASAGNA.....18306.....**

*Extremely satisfying, made with ground beef, ricotta and parmesan cheese, mafalda pasta, basil, and olive oil.*

**\*BUFFALO CHICKEN MAC & CHEESE.....18402.....**

*Buffalo wings and mac & cheese! It is loaded with diced grilled chicken, pepper jack cheese, elbow macaroni, and hot sauce.*

**\*HOMESTYLE MAC & CHEESE.....18139.....(V)**

*Our creamiest mac and cheese, made with New York's finest cheddar and elbow macaroni.*

**CHICKEN & SAUSAGE JAMBALAYA.....18222.....(D, GF)**

*A New Orleans dish, made with chicken, Andouille sausage, Tabasco sauce, and Cajun seasonings.*



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### EXOTIC

Packed with exciting and distinct flavors from around the world.

**\*CHICKEN CHOW MEIN** .....18220.....(L, D, AN)

*A lighter soup, packed with flavor! Loaded with Shiitake Mushrooms, tender chicken, water chestnuts, and delicate baby corn. Skip the take-out menu and enjoy our soup version of this popular dish instead!*

**\*COCONUT CHICKEN**.....18206.....(D, GF)

*This is a beautiful red curry chicken soup made with coconut, fresh corn, chili peppers, sweet potatoes, and fresh ginger.*

**\*CHICKEN FIESTA** .....18274.....(D, GF)

*Jalapeno, chipotle, and green and yellow peppers simmered together in a spicy chicken stock with corn and lemon juice.*

**\*VEGETABLE JAMBALAYA**.....18178.....(V, L, D, VN, GF, AN)

*Vegetarian version of our Jambalaya, this one is loaded with rice, fresh vegetables and classic Cajun seasonings*

**\*SENEGALESE CHICKEN WITH PEANUTS** .....18241.....(D, GF)

*Spicy and complex African-style tomato soup loaded with chicken, peanuts and spices*

**PORTUGUESE KALE SOUP**.....18217.....(D, GF)

*A combination of cannellini and red kidney beans simmered with pork sausage, tomatoes, kale, and crushed red pepper.*

**CURRIED CHICKEN CHOWDER**.....18227.....(GF, AN)

*This creamy Indian-style chowder is loaded with potatoes, chicken, vegetables, and spices.*

**MULLIGATAWNY**.....18141.....(GF)

*Made with coconut milk and curry powder, this classic Indian soup is loaded with red lentils, ginger, and saffron.*

### H&H CLASSICS

Beloved, traditional recipes made with Hale and Hearty quality and expertise.

**\*CREAM OF WILD MUSHROOM**.....18296.....(GF, AN)

*A rich and satisfying soup of Portabella, Cremini, and Shiitake mushrooms with fresh cream and pepper.*

**\*BROCCOLI CHEDDAR**.....18125.....(GF, AN)

*The perfect blend of fresh broccoli and aged cheddar cheese.*

**\*FRENCH ONION**.....18213.....(D, GF)

*Slow simmered veal stock and sherry wine make up this classic recipe. Add your own baguette and cheese for the full effect.*

**SPLIT PEA WITH DOUBLE SMOKED BACON**.....18104.....(D, GF, AN)

*A thick, pureed classic blend of green and yellow split peas with nitrate free double smoked bacon in chicken stock.*

**LOBSTER BISQUE**.....18214.....(GF)

*Maine lobsters simmered in lobster stock with onions, potatoes, garlic, Spanish paprika, and sweetened with a touch of Sherry.*

**TOMATO BISQUE**.....18263.....(GF, AN)

*A sweet blend of tomatoes, basil, and cream spiced with paprika and white pepper. Perfect to pair with grilled cheese.*

**CREAM OF TOMATO WITH CHICKEN & ORZO**.....18224.....(AN)

*Sweet and creamy, this tomato soup is loaded with chicken, orzo, basil, and a hint of paprika and cayenne peppers.*

**TOMATO CHEDDAR**.....18112.....(GF, AN)

*A sweet blend of tomato puree and aged Cheddar.*

**TRADITIONAL ITALIAN WEDDING**.....18231.....

*A wedding of meatballs, orzo, and fresh vegetables.*

**TUSCAN WHITE BEAN WITH SPINACH**....18114...(VN, V, L, D, GF, AN)

*Wholesome combination of the finest imported Italian cannelloni beans, spinach and vegetables.*

**BEEF BARLEY**.....18226.....(AN)

*This full-bodied soup is made with beef, barley, fresh veggies and herbs simmered in a rich brown broth.*



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**CLASSIC MINISTRONE.....18102.....(D)**

*A delicious Italian soup loaded with fresh vegetables, pancetta, white kidney beans, and pasta.*

**CLASSIC CHICKEN NOODLE.....18204.....(L, D)**

*A simple soup, made to make you feel right at home.*

**HOMESTYLE CHICKEN NOODLE.....18200.....(L, D)**

*A classic favorite, made with chicken, carrots, potatoes, and noodles cooked in our famous chicken stock.*

**CLASSIC LENTIL.....18127.....(VN, V, L, D, GF)**

*Fresh vegetables and Spanish lentils simmered together in a vegetarian broth flavored with cumin and parsley.*

**CREAM OF BROCCOLI.....18129.....(GF, AN)**

*A creamy blend of broccoli simmered with potatoes, garlic, and cream.*

**VEGETARIAN SPLIT PEA.....18115.....(VN, V, L, D, GF, AN)**

*Flavorful, chunky, low fat, vegetarian version of our famous split pea soup.*

**CHUNKY SOUPS & STEWS**

Each spoonful packed with wholesome, thick, chunky ingredients.

**\*CHICKEN MARSALA.....18322.....(L, GF)**

*Our 'spoonable' version of this beloved Italian-American classic! Tender white meat chicken, freshly chopped cremini and Portobello mushrooms slowly simmered with fresh herbs, finished with a touch of sweet Marsala wine. Serve it over your favorite pasta or consume by the bowl . . . it's all delicious!*

**WILD MUSHROOM BARLEY.....18116.....(VN, V, L, D, AN)**

*A mix of crimini, shiitake, and Portobello mushrooms blended together with barley, green peas, and fresh dill.*

**CHUNKY SOUPS & STEWS**

Each spoonful packed with wholesome, thick, chunky ingredients.

**CHICKEN AND RICE.....18218.....(D, GF, AN)**

*Our famous chicken stock loaded with Savoy cabbage, chicken, parsnips, turnips, rice, and parsley.*

**CHICKEN POT PIE.....18229.....(GF, AN)**

*A soup version of this classic American dish; loaded with carrots, potatoes, green peas, chicken, and herbs.*

**CHUNKY POTATO LEEK.....18126.....(GF, AN)**

*Thick and creamy soup made with loads of diced potatoes, fresh leeks, and parsley.*

**SEASONAL**

Drawing inspiration from fresh ingredients unique to each season.

**\*CHILLED TRADITIONAL GAZPACHO .....18148.....(V, D, GF)**

*Traditional version of the classic Spanish soup, puréed until smooth with a slightly spicy finish.*

**\*ROASTED RED PEPPER WITH SMOKED GOUDA.....18302.....(V, GF)**

*Roasted red peppers and tomatoes blended with freshly grated smoked gouda and a hint of cream.*

**\*TOMATO CORN & BASIL.....18168.....(V, VN, D, GF, AN)**

*This is a light tomato soup loaded with sweet corn fresh from the cob and Italian basil.*

**\*SWEET CHERRY TOMATO.....18189.....(V, VN, D, L, GF, AN)**

*We take sweet Italian cherry tomatoes and simmer them with only the barest of ingredients to let the flavor shine through.*

**\*SUMMER CLAM BAKE .....18130.....(D, GF, AN)**

*A summer staple in New England, this is our version of the classic summer clam bake. Fresh clams, corn, and Yukon gold potatoes are slowly simmered in clam broth to bring you this light and delicious soup.*



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**LIGHTER**

Full flavored, yet light and brothy at or below 150 calories in an 8oz serving.

**\*ITALIAN CHICKEN AND VEGETABLES...18413...(D, GF, AN)**

*Rich, homemade chicken stock, hand cut veggies, large chunks of chicken and a special blend of fresh herbs slowly simmer together to create this tasty and satisfying soup.*

**\*SPICY CHICKPEAS LEMON.....18219.....(VN, V, L, D, AN)**

*We pair chickpeas, tomatoes and orzo in this zesty vegetable soup, along with a touch of lemon to give this brothy soup a bright flavor.*

**\*BLACK LENTIL WITH TUSCAN KALE .....18273.....(VN, V, L, D, GF)**

*Exotic black lentils and deliciously healthy Tuscan Kale are enhanced by a dash of balsamic vinegar in this vegetarian soup.*

**\*WHITE BEAN, BROCCOLI, & SDT.....18179....(VN, V, L, D, GF)**

*Thick and unique combination of fresh broccoli, sun dried tomatoes and white beans.*

**CHICKEN VEGETABLE.....18280.....(L, D, GF, AN)**

*Vegetables and chicken simmered in scratch-made chicken broth with dill.*

**PASTA E. FAGIOLI.....18108.....(VN, V, L, D)**

*A classic Italian soup of ripe tomatoes simmered with red kidney beans, pasta, and Italian herbs.*

**TEN VEGETABLE.....18110.....(VN, V, L, D, GF, AN)**

*This hearty, tomato based soup is loaded with fresh vegetables and herbs, and seasoned with garlic and basil.*

**GINGER CARROT ARTICHOKE.....18103.....(VN, V, L, D, GF, AN)**

*A light puree of fresh ginger and carrots with tender pieces of artichoke. This soup can be served hot or chilled.*

**VEGETABLE NOODLE.....18117.....(L, D)**

*Our very own Soup Starter made with chicken stock, noodles, and fresh vegetables that can be served alone or with an added protein for more flavor.*

**TOMATO KALE.....18205.....(VN, V, L, D, GF, AN)**

*A light tomato broth chock-full of Tuscan kale and sweet basil with garlic and olive oil.*

**TOMATO BASIL WITH RICE.....18113.....(VN, V, L, D, GF, AN)**

*A robust tomato broth, brimming with rice and fresh basil.*

**LEMON CHICKEN SPINACH & ORZO.....18303.....(L, D, AN)**

*A delicate combination of lemon, chicken, spinach and orzo makes this a light, Mediterranean-inspired soup.*

**REDUCED SODIUM**

Reduced sodium version of our Hale and Hearty classics.

**REDUCED SODIUM TEN VEGETABLE...18184.(VN, V, L, D, GF, AN)**

*Sodium: 463 Mgs (Original Version: 720 Mgs).*

**REDUCED SODIUM HOMESTYLE CHICKEN NOODLE....18203...(L, D)**

*Sodium: 479 Mgs (Original Version: 790 Mgs).*



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**CHOWDER**

Our chunky, flavorful chowders, including original recipes of this classic comfort food.

**\*CORN COB CHOWDER.....18411.....(V, VN, D, GF, AN)**

*Creamy without cream? Sweet without sugar? This is the delicious, dairy-free corn chowder that dreams are made of. We shuck fresh corn from the cob, make stock with the cobs, and then slowly simmer it all together. Enjoy everything you love about corn on the cob, without the hassle (or toothpicks)!*

**\*SOUTHWESTERN SHRIMP & ROASTED CORN CHOWDER ..18158..(GF, AN)**

*Complex and flavorful chowder made with loads of sweet corn right off the cob, diced potatoes, fresh shrimp, and classic southwestern seasonings.*

**H&H NEW ENGLAND CLAM CHOWDER..18107.(GF, contains pancetta)**

*The flavorful combination of clams, pancetta, and potatoes with the special H&H touch of parsley and scallions.*

**SWEET CORN CHOWDER.....18109.....(GF)**

*Potatoes, sweet corn, and nitrate free bacon simmered in a creamy broth with a hint of white and cayenne pepper.*

**TRADITIONAL NEW ENGLAND CLAM CHOWDER..18266.(contains bacon)** *Thick and creamy, loaded with clams, bacon, and potatoes.*

**MANHATTAN CLAM CHOWDER.....18106.....(GF, contains pancetta)**

*Tomato based chowder brimming with clams, pancetta, potatoes, and a dash of Tobasco sauce for a hint of heat.*

**CHILI**

Our take on the traditional chili, with delicious seasonings and spices.

**\*CHICKEN & BLACK BEAN CHILI .....18246.....(L, D, GF)**

*Intensely flavorful and slightly spicy chili made from black beans, chicken and lots of wonderful spices.*

**TEXAS BEEF CHILI.....18230.....(D)**

*Tender ground beef enveloped in a deep, chili flavored sauce sweetened with a touch of dark beer.*

**THREE LENTIL CHILI.....18111.....(VN, V, L, D, GF)**

*A rich blend of red, green, and yellow lentils with dark brown sugar, spices, peppers, and simmered vegetables.*

**HOMESTYLE TURKEY CHILI.....18283.....(D, GF)**

*A hearty full-flavored chili, loaded with ground turkey and spiced with poblano, chipotle, and mixed peppers.*

**TURKEY CHILI.....18191.....(D, GF, AN)**

*Lean ground turkey, pinto beans, and spices make up this meaty and satisfying version of a classic dish.*