



# MONTHLY MENU

## MARCH 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.

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

*Italian peeled tomatoes (peeled tomatoes, tomato puree, basil leaf, salt, citric acid.), onions, heavy cream, parmesan cheese [pasteurized cows milk, cheese culture, salt, rennet, powdered cellulose, calcium propionate], olive oil, vodka, garlic blend [garlic, canola oil, olive oil]), basil, salt, black pepper.*

#### \*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!*

### 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.

#### \*NEW!\*LOBSTER MAC & CHEESE.....18418.....

*Lobster Mac and Cheese is such a decadent meal, but worth every calorie! This recipe combines tender cooked pasta with a creamy cheese sauce and tender bites of lobster.*

#### \*FORK & KNIFE SLOPPY JOE .....18282.....(D)

*Manwich, slush burger, yum yums, spoonburgers; a Sloppy Joe goes by many names. Our "grown up" version of this American classic is loaded with ground beef, tomatoes, and Chef Bruce's special blend of seasonings. Makes a delicious meal as is, but can also be finished on a roll!*

#### \*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.

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

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

**\*YUCATAN CHICKEN WITH LIME & ORZO .....18234.....(AN)**

*Light, brothy Mexican chicken soup made with tomatillos, chicken, poblano peppers and a touch of fresh lime.*

**\*THAI CHICKEN .....18216.....(D, GF)**

*A sweet and spicy blend of chicken, scallions, ginger, coconut milk, spiced with Tabasco and red curry.*

**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.*

### CHUNKY SOUPS & STEWS

Each spoonful packed with wholesome, thick, chunky ingredients.

**\*CRAB & TOMATO .....18420.....(L, D, GF)**

*Deliciously paired sweet crab and sun ripened tomatoes in a light tomato broth infused with herbs.*

**\*COCONUT SHRIMP .....18419.....(GF)**

*Sweet and flavorful soup made with fresh shrimp, ginger, coconut milk, and curry.*

**\*PENNETTE A LA VODKA .....18177.....(V)**

*Our soup version of a favorite Italian recipe - with tender pasta and an extra helping of Chef Bruce's own homemade tomato, cream and vodka sauce.*

**\*CHICKEN BARLEY .....18236.....(L, AN)**

*Thick and comforting barley soup loaded with chicken, vegetables and fresh herbs.*

**\*CHICKEN CORN BISQUE .....18249.....(GF, AN)**

*Using tons of fresh corn right off the cob, this creamy bisque is velvety and loaded with white meat chicken.*

**\*TORTELLINI WITH WILD MUSHROOMS .....18185....(V)**

*Light and creamy blend of Crimini mushrooms, rich cheeses and basil served with ricotta cheese filled Italian dumplings.*

**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.*

**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.*



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### SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

**\*CORNED BEEF & CABBAGE 18239(\*Limited Time for St Patrick's Day! )** *This traditional mixture of tender Corned Beef, crisp cabbage, and other hand cut vegetables is a perfect compliment to your St. Patrick's Day festivities.*

**\*TOMATO CORN AND BASIL .....18168....(V, VN, D, GF, AN)**  
*This is a light tomato soup loaded with sweet corn fresh from the cob and Italian basil.*

**\*YUKON GOLD POTATO WITH FOUR CHEESES ....18209...(V, GF, AN)**  
*A smooth soup blended with buttery Yukon Gold potatoes, Gruyere, Monterey Jack, extra sharp white & sharp yellow cheddar cheeses.*

**\*ASPARAGUS POTATO AND LEEK .....18196...(VN, V, L, D, GF, AN)**  
*Potato and leek soup with fresh asparagus pureed in it.*

**\*ROASTED BUTTERNUT SQUASH.....18174.....(V, GF, AN)**  
*A smooth, sweet puree of butternut squash with apple juice, maple syrup, butter, and cinnamon.*

**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.*

### LIGHTER

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

**\*FRENCH LENTIL WITH GARDEN VEGETABLES.18215.(VN, V, L, D, GF, AN)**  
*A light and healthy soup made with lentils and fresh vegetables gently simmered in a tangy red pepper broth.*

**\*ITALIAN LENTIL WITH PASTINI ..18105..(V, L, D, VN)**  
*Thick lentil soup in a base of rich tomato and vegetables with pasta and a touch of fresh basil.*

**\*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.*

**\*CHICK PEA, KALE & WILD RICE.....18297.....(VN, V, L, D, GF, AN)**  
*This hearty, vegan soup is brimming with tender kale, wild rice, vegetables and chickpeas.*

**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.*

**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.*

**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.*

**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.*

**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.*

**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.*

**LEMON CHICKEN SPINACH & ORZO.....18303.....(L, D, AN)**  
*A delicate combination of lemon, chicken, spinach and orzo makes this a light, Mediterranean-inspired soup.*

**TOMATO BASIL WITH RICE.....18113.....(VN, V, L, D, GF, AN)**  
*A robust tomato broth, brimming with rice and fresh basil.*



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### 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.*

**TRADITIONAL ITALIAN WEDDING.....18231.....**  
*A wedding of meatballs, orzo, and fresh vegetables.*

**BEEF BARLEY.....18226.....(AN)**  
*This full-bodied soup is made with beef, barley, fresh veggies and herbs simmered in a rich brown broth.*

**CLASSIC MINESTRONE.....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.*

**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.*

**TUSCAN WHITE BEAN WITH SPINACH.....18114.....(VN, V, L, D, GF, AN)**  
*Wholesome combination of the finest imported Italian cannelloni beans, spinach and vegetables.*

**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.*

### REDUCED SODIUM

Reduced sodium version of our Hale and Hearty classics.

**\*REDUCED SODIUM TUSCAN CHICKEN .....18202...(L, D, GF, AN)**  
*Sodium: 463 Mgs (Original Version: 720 Mgs).*

**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.

#### 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.

#### 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.*