



MONTHLY MENU

OCTOBER 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 NY's 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 SAUCE18543.....(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.

***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!

***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!

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.

***CREAMY TOMATO WITH PASTA & MEATBALLS18131.....**

A creamy tomato soup made with pasta, mini meatballs, Romano cheese, yellow cheddar and a garlic blend.

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.



MONTHLY FOODSERVICE MENU • OCTOBER

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 CHICKEN18206.....(D, GF)**

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

***GRILLED CHICKEN QUESADILLA.....18308.....(AN)**

Simmered chunks of grilled chicken with Monterey Jack cheese, mushrooms, onions, and bell peppers.

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

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

***CHICKEN FIESTA18274.....(D, GF)**

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

PORTUGUESE KALE SOUP18217.....(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.

***CURRIED SHRIMP & ROASTED CORN BISQUE.....18135.....(GF)**

Thick Indian style bisque made with shrimp and loads of fresh corn right off the cob.

***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.

***LOADED BAKED POTATO.....18406.....(GF)**

A creamy blend of fresh broccoli, the finest aged New York cheddar, nitrate-free bacon and sour cream.

***OLD FASHIONED CHICKEN & DUMPLINGS18269.....**

Our version of this classic pairing of chicken and potato gnocchi dumplings.

***TORTELLINI WITH WILD MUSHROOMS18185.....(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.



MONTHLY FOODSERVICE MENU • OCTOBER

SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

***AUTUMN MINESTRONE.....18257..... (V, L, D)**

Seasonal butternut squash, tomatoes, carrots, zucchini, corn, and Swiss chard simmered together with elbow macaroni.

***CURRIED BUTTERNUT SQUASH WITH CHICKEN.....18404.....(GF)**

This is a lightly curried chicken and butternut squash soup, sweetened with fresh and dried fruits and finished off with a touch of cream. Suggested serving: over rice

***FALL APPLE CHEDDAR.....18258.....(V, GF, AN)**

A creamy blend of parsnips, apples, Yukon gold potatoes and New York's finest cheddar cheese.

***AUTUMN PUMPKIN BISQUE.....18150....(V, GF, AN)**

This velvety smooth pumpkin soup has hints of Tahitian vanilla bean and cinnamon. Slowly simmered and combined with heavy cream, it is pumpkin pie come to life.

***FALL HARVEST VEGETABLE18137...(V, L, D, VN, GF, AN)**

Light and full flavored vegetable soup made with the best ingredients late autumn has to offer such as turnips, parsnips, caorri and celery root.

***PUMPKIN SPICED LOBSTER BISQUE18414.....(GF)**

Lobster meat and fresh stock combine with the sweet and savory flavors of pumpkin, coconut, heavy cream, and sherry wine to create this indulgent version of a seafood classic!

***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 GOUDA18302....(V, GF)

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

BUFFALO CHICKEN SOUP.....18421.....(GF, AN)

Boneless wings by the spoonful! Frank's Red Hot – check! White meat chicken – check! Carrots and celery – check! Add your own blue cheese for the full wing experience and enjoy!

LIGHTER

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

***CHICK PEA, KALE & WILD RICE18297.....(VN, V, L, D, GF, AN)**

This hearty, vegan soup is brimming with tender kale, wild rice, vegetables and chickpeas.

***CHIPOTLE CORN & TOMATO.....18286.....(VN, V, L, D, GF)**

A light and refreshing tomato soup packed with freshly shucked corn and fresh vegetables gently simmered in a smoky vegetarian broth.

***FRENCH LENTIL WITH GARDEN VEGETABLES..18215...(VN, V, L, D, GF)**

A light and healthy soup made with lentils and fresh vegetables gently simmered in a tangy red pepper broth.

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

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

***VEGETABLE BARLEY.....18208.....(VN, V, L, D, AN)**

Warm up with this comforting barley soup loaded with vegetables and fresh herbs.

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.



MONTHLY FOODSERVICE MENU • OCTOBER

LIGHTER

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

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.

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.



MONTHLY FOODSERVICE MENU • OCTOBER

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).

CHOWDER

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

***SWEET POTATO CHICKEN CHOWDER.....18264.....(GF, AN)**
A wonderful chicken chowder with a southern twist, made with sweet potatoes, heavy cream and dill.

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.

***THREE BEAN CHILI.....18248.....(V, L, D, VN, GF)**
A complex vegetarian chili made with black, red, and white beans, four different peppers, fresh chilies and for good measure we finish it with just a touch of old fashioned molasses.

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.