



To order call 978.388.6776

# 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 SAUCE** ..... 88878 45.99 .....(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**..... 88874 47.99...(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!*

88872 26.99  
**\*MARINARA SAUCE**.....(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.

88602 54.50  
**\*CREAMY TOMATO WITH PASTA & MEATBALLS** .....

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

**BROKEN LASAGNA**..... 88762 72.50 .....

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

**BUFFALO CHICKEN MAC & CHEESE**..... 88826 62.50 .....

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

88764 49.50 .....(V)  
**HOMESTYLE MAC & CHEESE**.....

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

88327 45.50 .....(D, GF)  
**CHICKEN & SAUSAGE JAMBALAYA**.....

*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..... 88746 42.99 .....(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 ..... 88838 53.75 .....(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..... 88768 55.75 .....(AN)

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

\*SENEGALESE CHICKEN with PEANUTS..... 88350 38.50 .....(D, GF)

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

\*CHICKEN FIESTA ..... 88488 36.75 .....(D, GF)

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

PORTUGUESE KALE SOUP..... 88596 43.75 .....(D, GF)

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

CURRIED CHICKEN CHOWDER..... 88410 36.75 .....(GF, AN)

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

MULLIGATAWNY..... 88224 41.99 .....(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.....(GF)

Thick Indian style bisque made with shrimp and loads of fresh corn right off the cob. 88580 60.75

\*CHICKEN CORN BISQUE..... 88470 47.75 .....(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..... 88866 61.50 .....(GF)

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

\*OLD FASHIONED CHICKEN & DUMPLINGS ..... 88452 38.50

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

\*TORTELLINI WITH WILD MUSHROOMS ..... 88368 55.50 .....(V)

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

WILD MUSHROOM BARLEY..... 88204 30.99 .....(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..... 88592 39.50 .....(D, GF, AN)

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

CHICKEN POT PIE..... 88366 36.75 .....(GF, AN)

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

CHUNKY POTATO LEEK..... 88348 37.50 .....(GF, AN)

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



Foodservice Solutions with a Local Flavor

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### SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

**\*AUTUMN MINESTRONE**..... 88376 35.50..... (V, L, D)

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

**\*CURRIED BUTTERNUT SQUASH WITH CHICKEN**.....(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 88624 42.50

**\*FALL APPLE CHEDDAR**.....88358.....49.50.....(V, GF, AN)

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

**\*AUTUMN PUMPKIN BISQUE**.....(V, GF, AN) 88736 37.75

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 VEGETABLE** .....(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, caorry and celery root. 88386 34.99

**\*PUMPKIN SPICED LOBSTER BISQUE** ..88892.....72.99.....(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**.....88436.....52.99.....(V, GF, AN)

A smooth, sweet puree of butternut squash with apple juice, maple syrup, butter, and cinnamon.

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

Roasted red peppers and tomatoes blended with freshly grated smoked gouda and a hint of cream. 88692 47.75

**BUFFALO CHICKEN SOUP**.....88248.....38.99.....(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 RICE** .....(VN, V, L, D, GF, AN)

This hearty, vegan soup is brimming with tender kale, wild rice, vegetables and chickpeas. 88683 32.50

**\*CHIPOTLE CORN & TOMATO**.....(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. 88848 35.50

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

A light and healthy soup made with lentils and fresh vegetables gently simmered in a tangy red pepper broth. 88628 36.75

**\*VEGETABLE JAMBALAYA**.....88232.....29.50.....(VN, V, L, D, GF)

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

**\*VEGETABLE BARLEY**.....88634.....33.50.....(VN, V, L, D, AN)

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

**TOMATO KALE**.....88658.....29.99.....(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**.....88502.....31.75.....(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**.....88590.....30.50.....(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**.....88504.....36.50.....(L, D, GF, AN)

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

**PASTA E. FAGIOLI**.....88243.....31.99.....(VN, V, L, D)

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

VN - Vegan

V - Vegetarian

L - Low Fat

D - Dairy Free

GF - Gluten Free

AN - All Natural

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### LIGHTER

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

**GINGER CARROT ARTICHOKE**... 88218 29.75 (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**... 88238 32.50 (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**... 88694 35.50 (L, D, AN)  
A delicate combination of lemon, chicken, spinach and orzo makes this a light, Mediterranean-inspired soup.

**TOMATO BASIL WITH RICE**... 88230 29.50 (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**... 88682 42.75 (GF, AN)  
A rich and satisfying soup of Portabella, Cremini, and Shiitake mushrooms with fresh cream and pepper.

**BROCCOLI CHEDDAR**... 88786 56.50 (GF, AN)  
The perfect blend of fresh broccoli and aged cheddar cheese.

**FRENCH ONION**... 88812 43.50 (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**... 88234 46.50 (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**... 88223 38.99  
A wedding of meatballs, orzo, and fresh vegetables.

**BEEF BARLEY**... 88207 44.50 (AN)  
This full-bodied soup is made with beef, barley, fresh veggies and herbs simmered in a rich brown broth.

**CLASSIC MINESTRONE**... 88222 29.75 (D)  
A delicious Italian soup loaded with fresh vegetables, pancetta, white kidney beans, and pasta.

**CLASSIC CHICKEN NOODLE**... 88681 38.75 (L, D)  
A simple soup, made to make you feel right at home.

**HOMESTYLE CHICKEN NOODLE**... 88542 39.50 (L, D)  
A classic favorite, made with chicken, carrots, potatoes, and noodles cooked in our famous chicken stock.

**LOBSTER BISQUE**... 88460 46.99 (GF)  
Maine lobsters simmered in lobster stock with onions, potatoes, garlic, Spanish paprika, and sweetened with a touch of Sherry.

**TOMATO BISQUE**... 88420 30.75 (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**... 88340 39.50 (AN)  
Sweet and creamy, this tomato soup is loaded with chicken, orzo, basil, and a hint of paprika and cayenne peppers.

**TOMATO CHEDDAR**... 88228 47.99 (GF, AN)  
A sweet blend of tomato puree and aged Cheddar.

**TUSCAN WHITE BEAN WITH SPINACH**... (VN, V, L, D, GF, AN)  
Wholesome combination of the finest imported Italian cannelloni beans, spinach and vegetables. 88208 28.50

**CLASSIC LENTIL**... 88380 31.99 (VN, V, L, D, GF)  
Fresh vegetables and Spanish lentils simmered together in a vegetarian broth flavored with cumin and parsley.

**CREAM OF BROCCOLI**... 88378 47.50 (GF, AN)  
A creamy blend of broccoli simmered with potatoes, garlic, and cream.

**VEGETARIAN SPLIT PEA**... 88245 29.50 (VN, V, L, D, GF, AN)  
Flavorful, chunky, low fat, vegetarian version of our famous split pea soup.

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REDUCED SODIUM

Reduced sodium version of our Hale and Hearty classics.

REDUCED SODIUM TEN VEGETABLE.....(VN, V, L, D, GF, AN)
Sodium: 463 Mgs (Original Version: 720 Mgs). 88644 28.99

REDUCED SODIUM HOMESTYLE CHICKEN NOODLE.....(L, D)
Sodium: 479 Mgs (Original Version: 790 Mgs). 88656 33.50

CHOWDER

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

\*SWEET POTATO CHICKEN CHOWDER.....(GF, AN)
A wonderful chicken chowder with a southern twist, made with sweet potatoes, heavy cream and dill. 88438 35.50

88212 49.50

H&H NEW ENGLAND CLAM CHOWDER.....(GF, contains pancetta)
The flavorful combination of clams, pancetta, and potatoes with the special H&H touch of parsley and scallions.

SWEET CORN CHOWDER.....88214 38.50.....(GF)
Potatoes, sweet corn, and nitrate free bacon simmered in a creamy broth with a hint of white and cayenne pepper.

88213 48.99

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

88211 45.50

MANHATTAN CLAM CHOWDER.....(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.....88259 32.50.....(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.....88412 56.99.....(D)
Tender ground beef enveloped in a deep, chili flavored sauce sweetened with a touch of dark beer.

THREE LENTIL CHILI.....88210 29.50.....(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.....88586 53.50.....(D, GF)
A hearty full-flavored chili, loaded with ground turkey and spiced with poblano, chipotle, and mixed peppers.

TURKEY CHILI.....88836 50.50.....(D, GF, AN)
Lean ground turkey, pinto beans, and spices make up this meaty and satisfying version of a classic dish.