



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 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(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.....(D)**

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

***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.

***SIGNATURE 5 CHEESE MAC.....(V)**

Not one, not two, not three...but FIVE premium cheeses make up this delectable recipe. Spoon in, and enjoy. You're welcome.

***TEX MEX MAC & CHEESE**

All the fun of tacos and mac & cheese conveniently served to you in a cup. Ground beef, cheddar and pepperjack cheeses, tomatoes, peppers, and elbow macaroni. No mess, just yum!

***WHITE CHEDDAR MAC & CHEESE.....(V)**

Super creamy, super simple, and super yummy. We use extra sharp white cheddar from upstate NY in this comforting mac and cheese.

BROKEN LASAGNA.....

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

BUFFALO CHICKEN MAC & CHEESE.....

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

HOMESTYLE MAC & CHEESE.....(V)

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

CHICKEN & SAUSAGE JAMBALAYA.....(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.

***BAJA SHRIMP**.....(L, D, GF)

Tex-Mex inspired soup made with shrimp, corn, hominy, tomatoes and a plentiful of Mexican seasonings.

***MEXICAN CHICKEN POZOLE**.....(L, D, GF)

Traditional and authentic Mexican holiday soup made with hominy, chicken and lots of wonderful seasonings.

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

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

***CHICKEN CHOW MEIN**.....(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!

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

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

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

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

MULLIGATAWNY.....(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.

***MARYLAND CRAB**.....(L, D, GF)

After crab cakes, this is the next best dish to come from Maryland! A rich, satisfying soup loaded with sweet crab meat and fresh vegetables.

***SHRIMP BISQUE**.....(GF, AN)

A true French classic. Ours has a sweet and complex flavor and is loaded with shrimp.

***CLASSIC BEEF STEW SOUP**.....(GF, AN)

Our version of a classic, hearty, American stew loaded with pieces of hearty vegetables and beef.

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

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

WILD MUSHROOM BARLEY.....(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.....(D, GF, AN)

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

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

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



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SEASONAL

Drawing inspiration from fresh ingredients unique to each season.

***CORNED BEEF & CABBAGE.....(Available for limited time)**
 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.....(VN, V, D, GF, AN)**
 This is a light tomato soup loaded with sweet corn fresh from the cob and Italian basil.

***ASPARAGUS, POTATO AND LEEK.....(VN, V, L, D, GF, AN)**
 Classic blend of asparagus and leeks, thickened with a touch of potatoes, producing a light and flavorful soup also low in fat.

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

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

ROASTED RED PEPPER WITH SMOKED GOUDA(V, GF)
 Roasted red peppers and tomatoes blended with freshly grated smoked gouda and a hint of cream.

BUFFALO CHICKEN SOUP.....(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.

***VEGETABLE JAMBALAYA.....(V, L, D, VN, GF, AN)**
 Vegetarian version of our Jambalaya, this one is loaded with rice, fresh vegetables and classic Cajun seasonings.

***BLACK LENTIL WITH TUSCAN KALE.....(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.

***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.

***ROMAN TOMATO WITH PASTINI.....(VN, V, L, D)**
 Light, tomato based broth soup loaded with pasta tubes and fresh basil.

***VEGETARIAN RED LENTIL.....(VN, V, L, D, GF, AN)**
 We mix red lentils with fresh vegetables to make a surprisingly robust soup that is healthy and most importantly delicious.

TOMATO KALE.....(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.....(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.....(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.....(L, D, GF, AN)
 Vegetables and chicken simmered in scratch-made chicken broth with dill.

PASTA E. FAGIOLI.....(VN, V, L, D)
 A classic Italian soup of ripe tomatoes simmered with red kidney beans, pasta, and Italian herbs.



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

GINGER CARROT ARTICHOKE.....(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.....(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.....(L, D, AN)
A delicate combination of lemon, chicken, spinach and orzo makes this a light, Mediterranean-inspired soup.

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

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

FRENCH ONION.....(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.....(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.....
A wedding of meatballs, orzo, and fresh vegetables.

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

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

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

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

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

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

TOMATO CHEDDAR.....(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.

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

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

VEGETARIAN SPLIT PEA.....(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).

REDUCED SODIUM HOMESTYLE CHICKEN NOODLE.....(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.....(GF, AN)
A wonderful chicken chowder with a southern twist, made with sweet potatoes, heavy cream and dill.

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.....(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...(contains bacon)
Thick and creamy, loaded with clams, bacon, and potatoes.

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.

*CHICKEN & BLACK BEAN CHILI.....(L, D, GF)
Intensely flavorful and slightly spicy chili made from black beans, chicken and lots of wonderful spices.

*MEAT LOVERS CHILI.....(D)
Not 1, not 2, but 3 different meats make this chili BEYOND amazing! Ground beef, ground pork, and smoky bacon are slowly simmered with beans, peppers, dark beer, and our special blend of herbs and spices.

TEXAS BEEF CHILI.....(D)
Tender ground beef enveloped in a deep, chili flavored sauce sweetened with a touch of dark beer.

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

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