



September 2026 Soup Specials



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

		1 Chicken Tortilla Vegan Spinach Soup	2 Italian Wedding Roasted Carrot	3 Beef Barley Mushroom Barley	4 Kielbasa and Kale Wild Rice Soup	5 Chef's Choice
6 Chef's Choice	7 Egg Drop French Lentil	8 Chicken and Rice Mushroom Garlic	9 Lemon Ginger Chicken Vegan Minestrone	10 Beef Vegetable Vegan Black Bean	11 Stuffed Cabbage Soup Vegetable Rice	12 Chef's Choice
13 Chef's Choice	14 African Peanut Soup Hearty Tomato	15 Sweet and Sour Soup Garden Vegetable	16 Clam Chowder Vegan Corn	17 Italian Wedding Roasted Red Pepper	18 Turkey Noodle Tuscan Bean	19 Chef's Choice
20 Chef's Choice	21 French Onion Curried Cauliflower	22 Broccoli Cheddar Vegan Cream of Fennel	23 Corned Beef & Cabbage Butternut Squash	24 Turkey Chili Quinoa Chili	25 Potato Soup Roasted Acorn Squash	26 Chef's Choice
27 Chef's Choice	28 Tortellini Soup Tomato Basil	29 Chicken Noodle Miso	30 Chicken Tortilla Vegan Spinach Soup	The talented chefs at Castle Creek Café offer up our homemade soups daily. Please enjoy our uniquely crafted recipes including a routine vegetarian option. Soups may vary from chef to chef; as culinary artists we encourage and thrive on creative freedom. ¡Bon Appétite!		

Healthy Pumpkin Bread Recipe

Reviewed by Taylor Wolfram, MS, RDN, LDN Published January 24, 2018



Rebecca Clyde, MS, RDN, CD

Enjoy the aroma of pumpkin pie all year long with this delightfully rich and hearty quick bread. Pour a glass of low-fat milk to enjoy with a slice at breakfast - and you and your family are ready to start the day.

Ingredients

Vegetable oil or cooking spray
2 $\frac{2}{3}$ cups sugar
 $\frac{1}{3}$ cup canola oil
 $\frac{1}{3}$ cups unsweetened applesauce
1 15-ounce can pumpkin
4 eggs
 $\frac{2}{3}$ cup nonfat plain yogurt
2 $\frac{2}{3}$ cups all-purpose flour
 $\frac{2}{3}$ cup toasted wheat germ
1 $\frac{1}{2}$ teaspoons salt
2 teaspoons baking soda
1 $\frac{1}{2}$ teaspoons baking powder
1 teaspoon ground cloves
1 teaspoon ground cinnamon
1 teaspoon ground nutmeg
1 $\frac{1}{2}$ cups raisins

Directions *Before you begin: Wash your hands.*

1. Preheat oven to 350 °F. Spray two 8 $\frac{1}{2}$ -by-4 $\frac{1}{2}$ -by 2 $\frac{1}{2}$ -inch loaf pans or 24 muffin tins with cooking spray.
2. Cream together sugar, canola oil, applesauce, pumpkin, eggs and yogurt until smooth.
3. Stir together flour, wheat germ, salt, baking soda, baking powder, cloves, cinnamon and nutmeg.
4. Combine the dry mixture with the wet mixture; stir until well combined. Fold in raisins.
5. Pour into prepared pans (fill muffin tins $\frac{2}{3}$ full). Bake for 50 minutes (loaves) or 25 minutes (muffins).

Instead of raisins, substitute sweetened dried cranberries, which lend a tangy taste.

This recipe freezes well as muffins or bread, up to three months. Thaw at room temperature, in the microwave (about 15 seconds per muffin or slice, or in the toaster [slices only]).

Recipe by Corrina Riemann, RD from Cooking Healthy Across America, © American Dietetic Association.

Nutrition Information 1/12 of one loaf or one muffin

Calories: 240; Total Fat: 4.5g; Saturated Fat: 0.5g; Cholesterol: 35mg; Sodium: 300mg; Total Carbohydrate: 46g; Dietary Fiber: 2g; Protein: 4g.