November 2026 Soup Specials

SUNDAY	MEATLESS MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Chef's Choice	2 Broccoli Cheddar Vegan Cream of Fennel	3 Chicken Tortilla Vegan Spinach Soup	4 Turkey Noodle Roasted Carrot	5 Clam Chowder Vegan Corn	6 Beef Vegetable Vegan Black Bean	7 Chef's Choice
8 Chef's Choice	9 African Peanut Soup Hearty Tomato	10 Beef Barley Mushroom Barley	11 Chicken and Rice Mushroom Garlic	12 Sweet and Sour Soup Garden Vegetable	13 Kielbasa and Kale Wild Rice Soup	14 Chef's Choice
15 Chef's Choice	16 French Onion Curried Cauliflower	17 Potato Soup Roasted Carrot	18 Italian Wedding Roasted Red Pepper	19 Turkey Chili Quinoa Chili	20 Chicken Noodle Miso	21 Chef's Choice
22 Chef's Choice	23 Tortellini Soup Tomato Basil	24 Corned Beef & Cabbage Coconut Curry Lentil	25 Navy Beans and Ham Fresh Pea Soup	26 Thanksgiving Special All Day Happy Thanksgiving	27 Broccoli Cheddar Vegan Minestrone	28 Chef's Choice
29 Chef's Choice	30 Egg Drop French Lentil		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 Pie Dip Recipe

Contributors: Stacey Antine, MS, RD, and HealthBarn USA
Reviewers: Academy Nutrition Information Services Team **Published:** January 24, 2018 **Reviewed:** September 18, 2024



This pumpkin dip is a holiday favorite! We love pumpkin pie, so we decided to create a creamy dip that tastes just like it. Serve this recipe as an appetizer or dessert because it tastes great dipped with sliced apples, pears or whole-grain pretzels. It's definitely a crowd pleaser that is easy to make, loaded with vitamin A, low in saturated fat and tastes amazing.

Rebecca Clyde, MS, RDN, CD

Ingredients

6 ounces low-fat cream cheese, room temperature
⅓ cup, reduced-fat Greek yogurt
15 ounces (1 can) roasted pumpkin, no sugar added
2½ teaspoons cinnamon, ground
1 teaspoon allspice, ground
1 teaspoon cloves, ground
⅛ teaspoon, nutmeg, ground
3 tablespoons agave nectar
2 tablespoons brown sugar
⅛ teaspoon sea salt

Directions

Before you begin: Wash your hands.

1. In a food processor, add cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients to the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or whole-grain pretzels.

Nutrition Information

Serving size: 2 tablespoons *Serves 25*
Calories: 35; Total Fat: 1g; Saturated Fat 1g; Trans Fat: 0g; Cholesterol: 5mg; Sodium: 25mg; Total Carbohydrate: 5g; Dietary Fiber: 1g; Sugars: 3g; Protein: 1g; Vitamin A: 50%; Vitamin C: 2%; Calcium: 2%; Iron: 2%