

South - Soups

Menu Item	FODMAP Ingredients to be Aware of
Beef Barley Soup	Barley Onion Celery Beef Soup Base
Beef Noodle	Onion Celery Beef Soup Base
Butternut Squash	Butternut Squash Onion Celery Cream Cream Soup Base
Cabbage Roll	Onion Celery Beef Soup Base
Cheeseburger	Onion Celery Cream Cream Soup Base
Chicken Noodle	Onion Celery Chicken Soup Base
Cream of Broccoli	Broccoli Onion Celery Cream Cream Soup Base
Cream of Cauliflower	Cauliflower Onion Celery Cream Cream Soup Base

Cream of Chicken Onion
 Celery
 Cream
 Cream Soup Base

Cream of Mushroom Mushroom
 Onion
 Celery
 Cream
 Cream Soup Base

Cream of Spinach Onion
 Celery
 Cream
 Cream Soup Base

Cream of Tomato Cream
 Cream Soup Base
 Trattoria

Lentil Vegetable Onion
 Celery
 Vegetable Soup Base

Minestrone Onion
 Celery
 Vegetable Soup Base

New Englad Clam Chowder Onions
 Celery
 Cream
 Cream Soup Base

Potato Leek Leeks
 Onion
 Celery
 Cream
 Cream Soup Base

Potato, Bacon & Cheddar Onion
 Celery

Cream
Cream Soup Base

Sweet Potato Bisque Sweet Potatoes
Onion
Celery
Cream
Cream Soup Base

Tomato Rice Onion
Celery
Vegetable Soup Base

Tomato Vegetable w/ Rice Onion
Celery
Vegetable Soup Base

Vegetable Onion
Celery
Vegetable Soup Base

Vegetable Multi Bean Bean Medley
Onion
Celery
Vegetable Soup Base

Vegetable Multigrain 7 Grain
Onion
Celery
Vegetable Soup Base

Vegetable Noodle Onion
Celery
Vegetable Soup Base