



# SOUPS & MEALS FUNDRAISER

*Delivered right to your door!*

Four Feet Companion Foundation in partnership with **Lovin' Ladles Soup Co.** invites you to participate in our fundraiser so we may continue to help animal charities in need.



*Delivery will be arranged within a reasonable time once order is received.*

**A warm bowl of soup or meals makes a lovely gift for seniors or for the busy people in your life!**

All soups come with ingredient information and are made with fresh organic vegetables and protein. Ingredients are also listed on second page. If you have an allergy to any spices or any vegetables, please let Caroline know. Soups can be made to be GF upon request.

**\*ALL VEGETARIAN SOUPS CAN BE MADE VEGAN. PLEASE INDICATE REQUEST WITH THE LETTER "V" FOR VEGAN. EXAMPLE: 3V FOR MEALS PLEASE INDICATE REQUEST WITH THE LETTER "S" FOR SMALL OR "L" FOR LARGE. EXAMPLE: 1S OR 1L**

| QTY | Soups: Chicken                                |
|-----|---|
|     | Chicken noodle                                |
|     | Chicken rice                                  |
|     | Coconut chicken with sweet potato             |
|     | Cream of chicken                              |
|     | Curried chicken with chickpea & hearty greens |
|     | Ginger peanut chicken with noodles            |
|     | Hearty chicken and dill                       |
|     | Hearty chicken vegetable                      |
|     | Pesto chicken chowder                         |

| QTY | Soups: Beef                     |
|-----|---------------------------------|
|     | Asian beef and rice             |
|     | Beef barley                     |
|     | Cheeseburger soup               |
|     | Creamy beef and mushroom noodle |
|     | Creamy beef stroganoff          |
|     | Nutritious beef vegetable       |
|     | Tex Mex chowder                 |
|     | Tomato beef noodle chowder      |

| QTY | Soups: Vegetarian*                 |
|-----|------------------------------------|
|     | Black Bean                         |
|     | Cream of asparagus                 |
|     | Cream of broccoli                  |
|     | Cream of cauliflower               |
|     | Cream of mushroom                  |
|     | Curried coconut pumpkin            |
|     | Curried lentil                     |
|     | Gingered carrot                    |
|     | Harvest vegetable chowder          |
|     | Hearty minestrone                  |
|     | Quinoa vegetable                   |
|     | Roasted butternut squash and apple |
|     | Thai noodle                        |
|     | Thai sweet potato                  |
|     | Wholesome mushroom and barley      |

| QTY | MEALS: \$30 (S 3-4) \$50 (L 5-8)            |
|-----|---|
|     | Homestyle shepherd's pie                    |
|     | Sweet and sour meatballs with rice          |
|     | Teriyaki beef noodle casserole              |
|     | Traditional beef lasagna                    |
|     | West African beef curry with rice           |
|     | Wholesome beef stew                         |
|     | Cheesy chicken and veggie noodle casserole  |
|     | Chicken 'n dumplings                        |
|     | Country fried chicken with roasted potatoes |
|     | Indian chicken curry with rice              |
|     | Tasty chicken lasagna                       |
|     | Asiago vegetable bake (V)                   |
|     | Cheesy tomato and noodle bake (V)           |
|     | Lentil and chickpea stew (V)                |
|     | Mediterranean feta and veggie bake (V)      |

**\$12.50** : Order 8 tubs  
 PER 32 OZ TUB : get 9th one **FREE!**  
 20% OF ALL PROCEEDS TO THIS CHARITY

| Customer Information |  |
|----------------------|--|
| Full Name            |  |
| Address              |  |
| Phone Number         |  |
| Email                |  |
| Special Requests     |  |
| Allergies            |  |

| Order & Payment  |                            |
|--|----------------------------|
| <b>Total number of soups and meals</b>   |                            |
| Soups  | _____ x \$12.50 = \$ _____ |
| Meals (Small)  | _____ x \$30.00 = \$ _____ |
| Meals (Large)  | _____ x \$50.00 = \$ _____ |
| <b>Total \$ _____</b>  |                            |
| Payment is required when order is placed. Please indicate your preferred payment method.   |                            |
| <input type="radio"/> Cheque (payable to <b>Lovin' Ladles Soup Co.</b> )<br><input type="radio"/> e-Transfer <input type="radio"/> Cash<br>e-Transfers can be sent to <b>ladlessoup@hotmail.com</b> and will be Autodeposit. |                            |

Please email completed order form to **ladlessoup@hotmail.com**

Ingredients may vary, so please advise any allergies at time of order.

Please contact Caroline if you have questions at 403.510.9191 (cell) or **ladlessoup@hotmail.com**



## INGREDIENTS LIST

### Chicken Soup

#### CHICKEN NOODLE

Chicken, chicken broth, pasta, onions, carrots, celery, salt and pepper, spices

#### CHICKEN RICE

Chicken, chicken broth, rice, onions, carrots, celery, salt and pepper, spices

#### COCONUT CHICKEN WITH SWEET POTATO

Chicken, chicken broth, coconut milk, sweet potatoes, carrots, celery, onions, peanut butter, salt and pepper and spices

#### CREAM OF CHICKEN

Chicken, chicken broth, celery, onions, potatoes, lite cream, milk, salt and pepper spices

#### CURRIED CHICKEN WITH CHICKPEAS AND HEARTY GREENS

Chicken, chicken broth, chickpeas, swiss chard, spinach, carrots, celery, onions, garam masala, curry paste and other spices

#### GINGER PEANUT CHICKEN WITH NOODLES

Chicken, chicken broth, pasta noodles, coconut milk, peanut butter, ginger, carrots, onions, celery spices

#### HEARTY CHICKEN AND DILL

Chicken, chicken broth, carrots, onions, celery, corn, other seasonal vegetables, salt and pepper, fresh dill and spices..

#### HEARTY CHICKEN VEGETABLE

Chicken, chicken broth, onions, carrots, celery, corn potatoes, and vegetables of the season, salt and pepper, spices

#### PESTO CHICKEN CHOWDER

Chicken, chicken broth, basil, pine nuts, garlic, onions, carrots, celery, red and green peppers, salt and pepper, spices

### Beef Soup

#### ASIAN BEEF AND RICE

Roast beef, beef broth, rice, soya sauce, gingerroot, garlic, mushrooms, bok choy, carrots, celery, onions, brown sugar, salt and pepper, spices

#### BEEF BARLEY

Roast beef, beef broth, onions, celery, carrots, barley, worchestershire sauce, salt and pepper, spices

#### CHEESEBURGER SOUP

Ground beef, beef broth, onions, carrots, celery, tomatoes, potatoes, cheddar cheese, sour cream, salt and pepper, spices

#### CREAMY BEEF AND MUSHROOM NOODLE

Roast beef, beef broth, pasta, mushrooms, carrots, celery, onions, cheddar cheese, milk, salt and pepper and spices

#### CREAMY BEEF STROGANOFF

Roast beef, beef broth, noodles, carrots, celery, onions, mushrooms, sour cream, cream cheese, milk, salt and pepper, spices

#### NUTRITIOUS BEEF VEGETABLE

Roast beef, beef broth, celery, carrots, onions, potatoes, seasonal vegetables, tomatoes, salt and pepper, spices

#### TEX MEX CHOWDER

Ground beef, beef broth, carrots, celery, red and green peppers, onions, garlic, black beans, potatoes, corn, salt and pepper, spices

#### TOMATO BEEF NOODLE CHOWDER

Ground beef, beef broth, tomatoes, pasta, carrots, onions, celery, salt and pepper, spices

### Vegetarian Soup

#### BLACK BEAN

Vegetable broth, black beans, tomatoes, onions, carrots, celery, garlic, lemon, red and green peppers, salt and pepper, spices

#### CREAM OF ASPARAGUS

Vegetable broth, lite cream, asparagus, onions, carrot, celery, potato, salt and pepper, spices

#### CREAM OF BROCCOLI

Vegetable broth, lite cream, cauliflower, onions, carrot, celery, potato, salt and pepper, spices

#### CREAM OF CAULIFLOWER

Vegetable broth, lite cream, cauliflower, onions, carrot, celery, potato, salt and pepper, spices

#### CREAM OF MUSHROOM

Vegetable broth, lite cream, mushrooms, onions, carrots, celery, potato, salt and pepper, spices

#### CURRIED COCONUT PUMPKIN

Vegetable broth, pumpkin, coconut milk, curry paste, gingerroot, onions, carrots, celery, garlic, salt and pepper, spices

#### CURRIED LENTIL

Vegetable broth, coconut milk, red lentils, curry paste, carrots, celery, onions, garlic, salt and pepper, lemon, spices

#### GINGERED CARROT

Carrots, vegetable broth, onions, celery, carrots, gingerroot, salt and pepper, spices

#### HARVEST VEGETABLE CHOWDER

Vegetable broth, onions, potatoes, carrots, celery, fall vegetables, salt and pepper, spices

#### HEARTY MINSTRONE

Vegetable broth, carrots, onions, celery, tomatoes, tomato paste, potatoes, zucchini, green beans, pasta, cannellini beans, lemon, parmesan cheese, spinach, salt and pepper, spices

#### QUINOA VEGETABLE

Vegetable broth, onions, celery, carrots, zucchini, tomatoes, quinoa, kale, lemon, cannellini beans, salt pepper, spices

#### ROASTED BUTTERNUT SQUASH AND APPLE

Vegetable stock, butternut squash, apple, onions, carrots, celery, salt and pepper, spices, brown sugar

#### THAI NOODLE

Vegetable broth, coconut milk, onions, garlic, gingerroot, curry paste, sweet potato, carrots, celery, peas, yellow pepper, lime juice, rice noodles (come dried to add to soup when cooking), salt and pepper, spices

#### THAI SWEET POTATO

Sweet potato, vegetable stock, onions, celery, carrots, peanut butter, coconut milk, ginger, curry paste, lemon, salt and pepper, and spices

#### WHOLE SOME MUSHROOM AND BARLEY

Vegetable broth, mushrooms, barley, onions, carrots, celery, tomatoes, salt and pepper, spices

## Meals

#### HOMESTYLE SHEPHERD'S PIE

Ground beef, onions, garlic, beef stock, corn, potatoes, butter, salt and pepper and spices

#### SWEET AND SOUR MEATBALLS WITH RICE

Ground beef, egg, breadcrumbs, rice, green peppers, onion, brown sugar, tomato paste, pineapple, apple cider vinegar, worchestershire sauce, salt and pepper, spices

#### TERIYAKI BEEF NOODLE CASSEROLE

Beef Steak, beef broth, onions, green and red peppers, pasta, brown sugar, soya sauce, ginger, salt and pepper, spices

#### TRADITIONAL BEEF LASAGNA

Ground beef, onion, garlic, tomatoes, mushrooms, tomato paste, noodles, mozzarella cheese, parmesan cheese, salt and pepper and spices

#### WEST AFRICAN BEEF CURRY WITH RICE

Steak, onion, red and green peppers, tomatoes, potato, beef broth, curry paste, curry powder, rice, gingerroot, jalapeno pepper, salt and pepper, spices

#### WHOLE SOME BEEF STEW

Roast beef, beef broth, tomatoes, potatoes, carrots, peas, onions, celery, other vegetables of the season, salt and pepper, spices

#### CHEESY CHICKEN AND VEGGIE NOODLE CASSEROLE

Chicken, chicken broth, onions, celery, carrots, sweet potato, pasta, cheddar cheese, cream cheese, salt and pepper, spices

#### CHICKEN 'N DUMPLINGS

Chicken, chicken broth, celery, onions, carrots, lite cream, mushrooms, potatoes, flour, milk, eggs, butter

#### COUNTRY FRIED CHICKEN WITH ROASTED POTATOES

Chicken pieces, avocado oil, flour, spices, egg, potatoes

#### INDIAN CHICKEN CURRY WITH RICE

Chicken, chicken broth, coconut milk, sweet potato, potato, peas, carrots, onion garlic, gingerroot, curry paste, mango chutney, salt and pepper, spices, rice

#### TASTY CHICKEN LASAGNA

Chicken breast pieces, chicken stock, onions, garlic, tomatoes, tomato paste, pasta, red and green peppers, mozzarella cheese, parmesan cheese, salt and pepper, spices

#### ASIAGO VEGETABLE BAKE

Onions, carrots, celery, mushrooms, zucchini, eggplant, tomatoes, garlic, asiago, salt and pepper, spices

#### CHEESY TOMATO AND NOODLE BAKE

Onions, celery, tomatoes, pasta, cheddar cheese, lite milk, cream cheese, veggie broth, salt and pepper, spices

#### LENTIL AND CHICKPEA STEW

Lentils, chickpeas, vegetable broth, tomatoes, carrots, onions, celery, potato, salt and pepper, spices

#### MEDITERRANEAN FETA AND VEGGIE BAKE

Onions, red and green peppers, garlic, feta, eggplant, chickpeas, tomatoes, lentils, garlic, salt and pepper, spices

