



# Aloe Aloe

**18 August - 24 August**

## ***In this issue:***

### **Weekly Activities:**

Your weekly guide to sport & recreational activities in the Village

### **It's a Celebration:**

Birthdays, Anniversaries & New Residents

### **What's Happening?**

Rugby: SA vs Aus - 23 Aug

MobeeWash - 20 Aug

Christian Fellowship - 20 Aug

Movie (Bridge of Spies) - 21 Aug @ 15H00

Bingo - 21 Aug

Book Reading Club-19 Aug

### **Upcoming Events:**

Mosiacs- 26 Aug

Opera- 02 Sep

Kind 2 Hearing- 04 Sep

*"Today, we are celebrating the strength, determination, and resilience of women everywhere."*

**– Michelle Obama**

*Dear Evergreen Lake Michelle Residents,*

*Happy women's month to all of our beautiful women – we see your spirit, your resolve and your brilliance. Here's to you: the women we appreciate endlessly.*

*Please note that Mobeewash will be in our village this week, please book your slot with reception on ext. 2400 or 021 001 4312. You're invited! Join our Christian Fellowship gathering this week and experience the warmth of community and connection. All are welcome to attend, come and connect with others who share your values and passions.*

*Get ready for a fun- filled evening of excitement this coming Thursday at our Bingo evening. Book your seat now with Mrs. Norma Roos on ext.2089 or 084 207 6829.*

*We wish all our residents a blessed week ahead. Stay warm and stay well.*





















*Best regards,  
Village Team*

















Wednesday  
IS RECYCLING

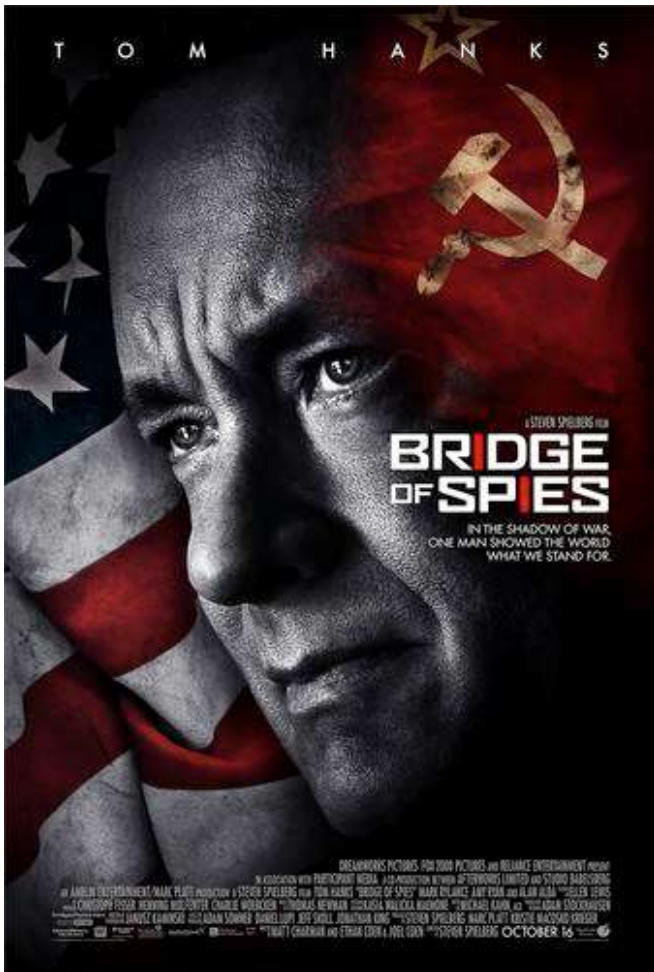
# WEEKLY EVENTS

MON 18 Aug	TUE 19 Aug	WED 20 Aug	THUR 21 Aug	FRI 22 Aug	SAT 23 Aug	SUN 24 Aug
09h00 <b>STRETCH CLASS</b> 1ST FLOOR	08h00 <b>PILATES</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL	08h45-09h30 <b>LOW IMPACT CARDIO</b> ACTIVITY ROOM 1	09h00 <b>BACK CARE YOGA</b> ACTIVITY ROOM 1		
10h00 <b>ARTS FOR ENJOYMENT</b> CREATIVE HUB	09h00 <b>CALLINETICS</b> 1ST FLOOR	09h00 <b>TÁI CHI</b> ACTIVITY ROOM 1	09h00 <b>STRETCH CLASS</b> 1ST FLOOR 09H30 -10H00 <b>ABS &amp; BUTT (MAT CLASS)</b> ACTIVITY ROOM 1	09h15 <b>AQUA AEROBICS</b> POOL	09h30 <b>JUDY- ART CLASSES</b> CREATIVE HUB	
10h15 <b>AQUA AEROBICS</b> POOL	10h00 <b>BRIDGE</b> ACTIVITY ROOM 2	09h00 <b>MOBEEWASH</b> PARKING	10h00 <b>KNITTING GROUP</b> MAIN LOUNGE			12H00 <b>LUNCH</b> BISTRO
10h30 <b>CATHOLIC GROUP</b> CINEMA ROOM		10h00 <b>CHRISTIAN FELLOWSHIP</b> MEZZANINE LEVEL	10h30 <b>TÁI CHI</b> ACTIVITY ROOM 1	11h00 <b>LINE DANCING</b> ACTIVITY ROOM 1		
	13h30 <b>BOOK READING CLUB</b> MAIN LOUNGE	12h00 <b>RIAAN'S FRUITVAN</b> PARKING	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM		14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM
14h00 <b>BRIDGE /CARD GAMES</b> 1ST FLOOR	14h00 <b>GOLF CROQUET</b> FISH HOEK BOWLING CLUB		15H00 <b>MOVIE</b> CINEMA ROOM	15H00 <b>SOCIAL POOL &amp; SNOOKER</b> UPSTAIRS LOUNGE	17h00 <b>RUGBY LIFESTYLE CENTRE</b> SA vs Aus	
	14h30 <b>TABLE TENNIS</b> TABLE TENNIS ROOM	18H00 <b>DINNER</b> BISTRO		18H30 <b>DINNER</b> BISTRO	16H00 <b>RESIDENT SOCIAL</b> Wednesdays & Fridays MAIN LOUNGE	

<p><b>STRETCH CLASS</b></p> <p>Stretching exercises suitable for any level of fitness and ability.</p> <p> Sue - 072 212 0277</p>	<p><b>AQUA AEROBICS</b></p> <p>Low impact, moderate intensity pool based exercises. A good combination of cardio and strength training. All fitness levels welcome.</p> <p> Renate - 082 519 1873  Linda - 082 410 9443</p>	<p><b>CALLANETICS</b></p> <p>Exercise involving frequent repetition of small muscular movements designed to improve muscle tone. Medium fitness and ability.</p> <p> Louise- ext. 2143</p>
<p><b>TÁI CHI</b></p> <p>Boost upper and lower body flexibility. Improves posture and balance. Medium fitness and ability.</p> <p> Roy - ext. 22129  Fiona - 082 920 1818</p>	<p><b>BACKCARE YOGA</b></p> <p>All level yoga class with a focus on mobility and strengthening of the back.</p> <p> Claire - 083 453 5539</p>	<p><b>LOW IMPACT CARDIO</b></p> <p>Stay active and fit with this slightly more active exercise class.</p> <p> Louise- ext. 2143</p>
<p><b>GOLF CROQUET</b></p> <p>Enjoyed at the Fish Hoek bowling club, a sport for anyone and everyone to enjoy.</p> <p> Brian - ext. 2089</p>	<p><b>LINE DANCING</b></p> <p>A little exercise, a little mobility and a whole lot of fun for beginners and regulars</p> <p> Shereen - 071 471 3624  Glenda - ext. 2073</p>	<p><b>TABLE TENNIS</b></p> <p>Social table tennis for beginners or more experienced players</p> <p> Ronnie A - ext. 2035</p>
<p><b>MOSAIC GROUP</b></p> <p>A group for creativity and fun, open to all skill levels. All help and a start up pack will be provided to get you going.</p> <p> June H- ext. 2107  Cora - ext. 2051</p>	<p><b>SNOOKER &amp; POOL</b></p> <p>Get together and enjoy a social game of snooker or pool for beginners or more experienced players</p> <p> Pat - ext. 22224  Selwyn - ext. 22130</p>	<p><b>GAMES</b></p> <p>Enjoy an afternoon of fun. Bridge, canasta, rummicub and many more games</p> <p> Norma - ext. 2089  Rowan - ext. 2150</p>
<p><b>LIBRARY</b></p> <p>Enjoy the wide range of books, jigsaw puzzles and DVDs in our collection.</p> <p> Johanna - ext. 2112</p>	<p><b>SWIMMING POOL &amp; GYM</b></p> <p>Heated indoor swimming pool and state of the art gym for your enjoyment</p> <p>Access Code: #357*</p>	<p><b>SALON</b></p> <p>Ladies &amp; gents are welcome at Janine's Hair Studio</p> <p><u>Hours</u> Tue - Sat 09h00 - 16h00</p> <p> Janine - 073 294 9655</p>



<p><b>CHRISTIAN FELLOWSHIP</b></p> <p>Meeting to worship God, hear His word and sharing a time of fellowship over coffee.</p> <p> <b>John - ext. 2018</b></p>	<p><b>BIRD WATCHING</b></p> <p>Bird watching in the Village or outside. Walks and talks and movies about Western Cape and South African Birdlife and other wildlife in general.</p> <p> <b>Ron - ext. 2068</b></p>	<p><b>OPERA APPRECIATION</b></p> <p>Opera lovers and anyone wondering if they might be, join Mike and friends for the monthly opera viewing.</p> <p> <b>Mike - ext. 2112</b></p>
<p><b>KNITTING GROUP</b></p> <p>Knitting while socializing for an amazing cause.</p> <p> <b>Avril - ext. 2049</b></p>	<p><b>TUESDAY HIKERS</b></p> <p>Looking for a challenge? Take in amazing views and what Cape Town Nature has to offer. Every Tuesday Morning (Weather Permitting)</p> <p> <b>Ron - ext. 2068</b></p>	<p><b>MOVIES</b></p> <p>Enjoy classics and award winning movies of all genres with fellow residents.</p> <p> <b>Clare - ext. 2039</b></p>
<p><b>GARDENING GROUP</b></p> <p>Passionate about gardening? Join a "green finger" network for talks and events.</p> <p> <b>Val - ext. 2056</b></p>	<p><b>CLASSICAL MUSIC</b></p> <p>Once a month video concert of Classical Music lasting approximately 1 hour.</p> <p> <b>Peter - ext. 2055</b></p>	<p><b>WEDNESDAY WALKERS</b></p> <p>Enjoy walking but prefer less demanding walks? Join us to enjoy the beauty of what Nature has provided in the areas surrounding us.</p> <p> <b>Vicky- ext. 22229</b></p>
<p><b>BRIDGE</b></p> <p>This is an invitation to all residents, both new and not-so-new, who would like to play bridge on a regular basis.</p> <p> <b>Rowan - Ext. 2150</b></p>	<p><b>EVERGREEN CATHOLIC GROUP</b></p> <p>Weekly meetings for prayers, spiritual support, friendly discussions and Bible study to better understand God's Word. All are welcome.</p> <p> <b>Mel - ext. 2008</b></p>	<p><b>AVIATION TALKS</b></p> <p>Come and listen to Pete tell us more on anything and everything airplane related.</p> <p> <b>Pete - ext. 2065</b></p>
<p><b>ART CLASSES</b></p> <p>Water colour lessons: 1<sup>st</sup> and 3<sup>rd</sup> Saturdays @10h30 -12h30 <b>Roz - ext. 22220</b> Drawing &amp; Sketches: 2<sup>nd</sup> and 4<sup>th</sup> Saturdays @ 09h45-12h45 <b>Judy - ext. 2141</b></p>	<p><b>BOOK CLUB</b></p> <p>This is an invitation to all new and old residents to come and chat about books with other readers on the 3rd Tuesday of each month at 14H30.</p> <p> <b>Johanna - ext. 2112</b></p>	<p><b>ARTS FOR ENJOYMENT</b></p> <p>This is an invitation to anyone who would enjoy a free of cost creative arts class.</p> <p><b>Judy - ext. 2141</b>  <b>Marie - ext. 22125</b></p>



**Where:** Cinema Room 1

**RSVP:** Form on Notice Board

**Date:** Thurs, 21 Aug

**Time:** 3pm sharp

Set during the Cold War, the film tells the story of lawyer James B. Donovan, who is entrusted with negotiating the release of Francis Gary Powers—a convicted Central Intelligence Agency pilot whose U-2 spy plane was shot down over the Soviet Union in 1960—in exchange for Rudolf Abel, a convicted Soviet KGB spy held by the United States, whom Donovan represented at trial.

The film was directed and co-produced by Steven Spielberg, written by Matt Charman and the Coen brothers, and starring Tom Hanks in the lead role, with Mark Rylance, Amy Ryan, and Alan Alda.



## BINGO NIGHT

Thursday August 21<sup>st</sup> @ 18:00

Book your seat with Norma Roos on

Ext. 2089 / 084 207 6829

R20 per person (cash  
only)



## Snack Platters

Savoury Platter for Two (R120):

2 x Mini quiches with mushroom & cheese

2 x Chicken spring rolls

2 x Beef kebabs

2 x Mini chicken burgers

Veg Savoury Platter for Two (R120):

2 x Mini quiches with mushroom & cheese

2 x Veg spring rolls

2 x Cheese and corn samoosa's

4 x Falafels with hummus dip



Book at the Bistro on  
Ext 2404 before  
Tuesday afternoon



Photographic

# COMPETITION

2025

Happy Snapping!

"A GOOD SNAPSHOT  
KEEPS A MOMENT FROM  
RUNNING AWAY."

~ EUDORA WELTY

## THE RULES ARE:

- It must be your own photos.
- You may submit two photographs per theme.

## HOW TO SUBMIT:

- Please include the following per submission:
  - theme
  - your name
  - village
  - caption
  - short explanation of how your picture -fits in with the theme
- Submit in JPG or PNG format, Word or PDF will not be accepted.
- All pictures to be submitted in high resolution – 5MB or higher.
- All entries to be submitted by latest 31 October 2025. (Judging in November 2025 and the winners to be announced in December 2025)
- Submit all entries to [photos@evergreenlifestyle.co.za](mailto:photos@evergreenlifestyle.co.za)

You can submit your photographs for any of the themes throughout the year.



## Themes



### The Family

Whether it is your direct family, or a family of the Animal Kingdom.



### Abstract

Think out the box - put together some crafty scraps and snap away or find a mind-blowing abstract object.



### Black and White

Not everything has to be seen in colour.



### Sunrise/Sunset

Get to the beach or on the mountain and let's see the best Sunrise or Sunsets you can find.



### Village Life

What does everyday life look like in your Evergreen Lifestyle Village?



### Fauna and Flora

Sticks, Stones, Trees, Seeds, Pods, Flowers - "Go bos".



### Stranger Things

Seen something odd? Or maybe something upside down? A weird reflection?



### Tools of the Trade

A chef and his knives, a writer and his pen or even.... A photographer and his camera?



### Planes, Trains and Automobiles

Or Motorcycles, or Bicycles or carts. There is no limit here, if it moves take a pic of it.





























### Food

Going to a fancy restaurant? Or having a Braai? Snap away on those yummy meals.



"Here's to strong women. May we know them, may we be them, may we raise them."



MATCHES			
 South Africa	05 Jul 17:10	 South Africa	12 Jul 17:10
 Italy		 Italy	
 South Africa	19 Jul 17:10	 South Africa	16 Aug 17:10
 Georgia		 Australia	
 South Africa	23 Aug 17:10	 New Zealand	06 Sept 09:05
 Australia		 South Africa	
 New Zealand	13 Sept 09:05	 South Africa	27 Sept 25 17:10
 South Africa		 Argentina	
 Argentina	04 Oct 25 15:00	 France	08 Nov 25 22:10
 South Africa		 South Africa	
 Italy	15 Nov 25 14:40	 Ireland	22 Nov 25 19:40
 South Africa		 South Africa	
 Wales	29 Nov 25 17:10		
 South Africa			

**A reminder of the upcoming South African  
Rugby games.**



## LIBRARY CORNER AUGUST 2025

The latest additions to our library were purchased with funds raised and a generous donation from ResCom.

Baldacci, David. **Strangers in time.** Three strangers from different strata of society become friends during the Nazi bombing of London. Filled with hope, excitement and tragedy said one reviewer.

Connelly, Michael. **Nightshade.** The first in Connelly's new crime series starring Sergeant 'Stil' Stilwell who has been reassigned to Catalina Island where he finds himself having to work with an adversary on a murder investigation. Described as having a tight plot, evocative atmosphere and well developed characters.

Hannah, Kristin. **Summer Island.** Nora Bridge walked out on her marriage years ago and is now a famous talk show host and advice columnist. Her daughter Roby is a comedienne who uses her mother as material for her shows is offered a lot of money to write a tell all profile of her mother....

Harris, Joanne. **Vianne.** Many will recall **Chocolat**, Harris' magical bestselling novel that was made into a popular film about a chocolate shop owner in rural France. This is the prequel and tell's Vianne's backstory.

Iggulden, Conn. **Tyrant.** Second title in the trilogy about Roman Emperor Nero. "Great characters, superb storytelling". (Kirkus Reviews) Sequel to **Nero**.

Joyce, Rachel. **The homemade god.** The mysterious death of an artist causes havoc among siblings in a novel that astutely observes family dynamics. (The Guardian) From the author of **The unlikely journey of Harold Fry** and **Miss Benson's beetle**.

Lewis, Susan. **I know it's you.** 50th novel from the best-selling author. Publisher Marina receives the first chapter of a manuscript. As the chapters arrive, she begins to think that the novel is about her past...

Patterson, James & Clinton, Bill. **The first gentleman.** Satisfying action packed mystery by the best-selling Patterson who has again teamed by with the American ex-president. The First lady's husband is a former professional American football star and fights to clear his name in a trial for the murder of a cheerleader twenty years ago.

Pearse, Lesley. **The girl with the suitcase.** Heartbreaking yet heartwarming novel set in wartime Britain where two similar looking young women with contrasting backgrounds and prospects meet one day by chance and land up in an air raid shelter together. When she wakes up in hospital, injured but alive, the nurse mistakes Mary for Elizabeth and hands over Elizabeth's belongings.

Roberts, Nora. **Hidden nature.** Stand-alone title from the queen of romantic suspense novels. Sloane Cooper is a successful Natural Resources police officer. Injured coming off duty, she is forced to return to her family and hometown to recover. Healing and resilience are themes as is the presence of evil in the everyday.

Johanna de Beer





**A look at the High Tea that was held in our Bistro this past weekend. Thank you to those who participated, it was a lovely Women's Day celebration.**



*"Age is an issue of mind over matter. If you don't mind, it doesn't matter."*

### BIRTHDAYS

**18th August**

**Irene Van Zyl**- Noordhoek  
**Pat Kelly**-Noordhoek

**20th August**

**Wendy Wilson**- Noordhoek

**21st August**

**Pauline Mutlow**- Noordhoek  
**Brian Legge**-Noordhoek

**23rd August**

**Ann Judge** - Noordhoek

### ANNIVERSARIES

**No Anniversaries this week**

### NEW RESIDENTS

**Brian Dreyer & Renee Parker**  
**House 84**  
Noordhoek



Weekly Menu: 18–24 August 2025

Low carb meals are available daily  
House menu available on order same day before 10am

Monday: 18 August

Chicken broccoli bake: with rice, carrots and garden peas  
N: R90 // L: R70 // Family: R285

OR

Chilli con carne: Mince beef, beans and Chilli peppers as the main ingredients, served with rice, side of sour cream and cheddar cheese

N: R90 // L: R70 // Family: R285

Soup of the day: Chicken noodle soup R45

Tues: 19 August

Cottage pie: served with side garden peas  
N: R95 // L: R75 // Family: R300

OR

Moroccan chicken: with Couscous and served with sautéed spinach and roasted veggies  
N: R90 // L: R70 // Family: R285

Soup of the day: Mushroom soup R45

Wed: 20 August

Monterrey chicken bake: Chicken breast brushed with BBQ sauce, topped with tomato and a hint of chilli then topped with mozzarella cheese and oven baked. Served with rice, carrots and baby marrows

N: R90 // L: R70 // Family: R285

OR

Korean BBQ pork: With egg fried rice and broccoli

N: R90 // L: R70 // Family: R285

Soup of the day: Butternut soup R45

Thursday: 21 August

Chicken lemon: Chicken breast cooked soft and tender in a buttery lemon broth. Served with broccoli, butternut and lemon roasted potatoes

N: R90 // L: R70 // Family: R285

Or

Mild pork curry: Served with rice, butternut and green beans and side sambal

N: R90 // L: R70 // Family: R285

Soup of the day: Creamy bacon and broccoli soup R45

Friday: 22 August

Mongolian beef: Carrots, onions, ginger, garlic, soya sauce and a little Chilli flakes served with basmati rice

N: R90 // L: R70 // Family: R285

OR

Chicken and chorizo jambalaya: Cajun-inspired rice pot recipe that's bursting with spicy Spanish sausage, sweet peppers and tomatoes

N: R90 // L: R70 // Family: R285

Soup of the day: Tomato basil soup R45

Saturday: 23 August

Eggplant parmesan: Crumbed eggplant topped with red sauce and cheeses and served with mash, garden peas and butternut

N: R95 // L: R75 // Family: R300

OR

Chicken kebabs: BBQ chicken kebabs with savoury rice, broccoli and carrots

N: R90 // L: R70 // Family: R285

Sunday: 24 August

Roast Beef with rice, roast potatoes, Yorkshire pudding and gravy and veg medley of garden peas and carrots.

Dessert: Chocolate brownie with ice cream dessert R150

OPEN DAILY

08H00 – 15H00

FRIDAY DINNER SERVICE

– 18H00

DAILY MEAL ORDERS BY

10H00

Price List

Normal Meals..... R85  
Low Carb/Gluten Free..R90  
Kiddies..... R50  
Ladies Portion.....R65  
Vegan.....R90  
Family Normal (2 Adult, 2 Kids)..... R260  
Family Low Carb..... R270  
Free Range:  
N R95/ L R75/ Family... R285

FRIDAY FISH & CHIPS

Fried Hake and Chips, served with tartare sauce and a lemon wedge

R110

standard portion

R90

ladies portion



## Monthly Menu



**WEEKLY MENU**  
18-24 AUGUST 2025

Open MONDAY to FRIDAY  
Text **082 603 3518** for orders  
Delivery or Collection

*Card and oft available*

**FREEDOM FOODS**  
*Catering Kitchen*

 021 785 7199  
082 603 3518
  Evergreen Retirement Village  
GlenCairn Expressway
  [www.freedomfoodscck.co.za](http://www.freedomfoodscck.co.za)  
[orders@freedomfoodscck.co.za](mailto:orders@freedomfoodscck.co.za)
 Find us on Facebook

SOUPS NOW AVAILABLE DAILY R45							August						
SUNDAY SOUPS Daily: →	MONDAY Chicken noodle	TUESDAY Mushroom soup	WEDNESDAY Butternut soup	THURSDAY Bacon broc soup	FRIDAY Tomato basil soup	SATURDAY							
Sunday Roast Gammon or Roast Beef	Meatball curry <b>or</b> Creamy Chicken salsa	Chicken carbonara pasta <b>or</b> Pork Ribs	Chicken breyani <b>or</b> Texas pulled pork	Tomato bredie <b>or</b> Thai chicken stir fry	Beef burger <b>or</b> Hannah chicken	Chicken & mushroom <b>or</b> Pork sausages & mash							
Roast Lamb or Roast Beef 3	Mushroom stroganoff <b>or</b> Spaghetti bolognaise 4	Chicken parmesan <b>or</b> Braised pork in sweet soy 5	Chicken Marsala <b>or</b> Pork adobo 6	Traditional meatloaf <b>or</b> Thai chicken curry 7	Hungarian goulash <b>or</b> Sweet n sour chicken 8	Broc bacon mac n cheese <b>or</b> Chicken cacciatore 9							
Sunday Roast Chicken or Roast Beef 10	Pork potjie <b>or</b> Chicken pasta bake 11	Beef casserole <b>or</b> Chicken a la king 12	Savoury bake potato <b>or</b> Arrabiatta pasta 13	Tarragon chicken pasta <b>or</b> Beef ragu 14	Butter chicken <b>or</b> Traditional bobotie 15	Asian beef stir fry <b>or</b> Rosemary infused Chicken 16							
Sunday Roast Pork or Roast Beef 17	Chicken broc bake <b>or</b> Chilli con carne 18	Cottage pie <b>or</b> Moroccan chicken 19	Monterrey chicken bake <b>or</b> Korean BBQ pork 20	Chicken lemons <b>or</b> Mild pork curry 21	Mongolian beef <b>or</b> Chicken & chorizo jambalaya 22	Eggplant parmesan <b>or</b> Chicken kebabs 23							
Sunday Roast Beef 24	Chicken stroganoff <b>or</b> Baked penne bake 25	Beef curry <b>or</b> Chicken supreme 26	Penne a la vodka <b>or</b> Glazed sticky pork 27	Alfredo pasta <b>or</b> Coconut Beef marsala 28	Pork schnitzel <b>or</b> Gourmet mac n cheese 29	Coronation chicken <b>or</b> Grilled fish 30							
Sunday Roast Gammon or Roast Beef 31													

**Standard House Menu:** Choice of mash, rice or roast potato's with veg of the day

Chicken Schnitzel Topped with cheese sauce **R95**

Chicken or Beef Curry Served with rice and sambal salad **R95**

Cottage Pie with garden peas **R90**

Beef Stroganoff **R95**

Tender beef strips served in a sour cream and mushroom sauce

Lemone Chicken **R90**

Chicken breast cooked soft and tender in a buttery lemon broth

Chicken Penne a la Vodka **R90**

Eggplant Parmesan **R90**

*These can be ordered from daily if you dont feel for the meals of the day*

**PRICE LIST**

Normal meals	R90-R95
Low Carb / Gluten free	R95
Elderly / ladies	R70-R75
Vegan	R90-R95
Family Normal (2 adults/2 kids)	R285-R300
Family Low carb	R290
Free Range:	
N R95 / L R75 / Family	R320

**BOX MEAL PRICES**

For the freezer 

10 meals per pack

Normal meals	R900
Normal LC/GF	R920
Elderly / Ladies	R700
Elderly / Ladies LC	R720

*They can be made up to your meal preferences and all labelled & dated*

## WEEKLY SOUP MENU :

**Monday** -Chicken Noodle Soup

**Tuesday** - Mushroom Soup

**Wednesday** - Butternut Soup

**Thursday** -Bacon and Broccoli Soup

**Friday** -Tomato Basil Soup