



## Summer soups a cool choice

All chilled soups can be served as an appetizer. Just add a mixed green side salad, some crunchy French bread and a slice of cheese or pate and you will have the makings for a delightful luncheon or light supper. For a summer dinner menu, either the cold vegetable or fruit soups can be followed by a simple seafood or fish fillet, poultry or lamb entree.

Most hard cheeses are good sources of calcium: 205 milligrams in an ounce of cheddar or muenster, 275 in Swiss, 185 in mozzarella. A ½-cup serving of cottage cheese has only 80 milligrams, about half the amount in a cup of milk.

- "Pasteurized process cheese



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