November Entrée and Soup Specials
Ingram
Lunch Served 11am-1:30pm

**MONDAY**

<table>
<thead>
<tr>
<th>30</th>
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</table>
| **ENTREES:**  
- Pork Dan Dan Noodles  
- Jackfruit Dan Dan Noodles  
**SIDES:** Vegetarian Egg Roll, Mixed greens, Sun chips  
**Soups:** Split Pea & Ham  
Broccoli Cheese  
Beef Chili  |

**TUESDAY**

<table>
<thead>
<tr>
<th>31</th>
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</table>
| **ENTREES:**  
- Vegetarian Lasagna  
- Italian Chicken Sandwich; spicy shredded chicken on French roll  
**SIDES:** Green beans, mixed greens, Sun chips, bread stick  
**Soups:** Tomato Basil  
Vegetable Beef Barley  
Beef Chili  |

**WEDNESDAY**

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| **ENTREES:**  
- Chicken Tikka Masala with Rice  
- Bombay Veggie Joe sandwich  
**SIDES:** Curry Fries, Grilled zucchini, Naan, mixed greens, Sun chips  
**Soups:** Chicken Dumpling  
Minestrone  
Beef Chili  |

**THURSDAY**

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| **ENTREES:**  
- Blackened Catfish  
- BBQ Jackfruit sandwich  
**SIDES:** Northern greens, Vegetable Jambalaya, mixed greens, Sun chips  
**Soups:** Clam Chowder with Bacon  
Harvest Grain & Mushroom  
Beef Chili  |

**FRIDAY**

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| **ENTREES:**  
- Tavern Cod Sandwich with Cheddar cheese, lettuce & tartar  
- Garlic herb chicken strips  
**SIDES:** Jasmine Rice, green beans w almonds, mixed greens, Sun chips  
**Soups:** Clam Chowder with bacon  
Broccoli Cheese  
Beef Chili  |

**ENTREES:**  
- Spinach Pepperjack Quiche  
- Farmhouse Chicken  
**SIDES:** Mashed potatoes & gravy, Peas, mixed greens, Sun chips  
**Soups:** Chicken Noodle  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- Two Chicken Soft shell tacos  
Toppings: lettuce, tomato, cheese, salsa verde  
-Chili Relianto with two taco shells  
**SIDES:** Spanish rice, mixed greens, Sun chips  
**Soups:** Baja Chicken Enchilada  
Harvest Grain & Mushroom  
Beef Chili  |

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| **ENTREES:**  
- Lemon Zaatar Chicken  
-Channa Masala with Rice  
**SIDES:** Naan, Mixed Greens, Rice  
Sun Chips  
**Soups:** Split Pea & Ham  
Minestrone  
Beef Chili  |

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| **ENTREES:**  
- Italian Ragout with Goat Cheese Polenta  
- Italian Beef Sub; Shredded beef, provolone cheese, girandina  
**SIDES:** Herbed green beans, mixed greens, Sun Chips  
**Soups:** Tomato Basil  
Cheesy Chicken Tortilla  
Beef Chili  |

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| **ENTREES:**  
- Vegetable Beef Barley  
- Clam Chowder with Bacon  
**SIDES:** BBQ Jackfruit sandwich  
- Tavern Cod Sandwich with Cheddar cheese, lettuce & tartar  
- Black bean burger on Texas toast with greens & ranch  
**SIDES:** Dry rub Fries, mixed greens, Sun chips  
**Soups:** Clam Chowder with Bacon  
Broccoli Cheese  
Beef Chili  |

**ENTREES:**  
- Chicken Coconut almond stew with Rice  
- Pakora (veggie fry ball) with Rice  
**SIDES:** Sliced dill carrots, bread stick, mixed greens, Sun chips  
**Soups:** Chicken Dumpling  
Minestrone  
Beef Chili  |

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| **ENTREES:**  
- BBQ Meatloaf  
-Vegetarian Meatball Sub  
With Mozzarella cheese  
**SIDES:** Mashed Potatoes, Corn, mixed greens, Sun chips  
**Soups:** Vegetable Beef Barley  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- BBQ Meatloaf  
-Vegetarian Meatball Sub  
With Mozzarella cheese  
**SIDES:** Mashed Potatoes, Corn, mixed greens, Sun chips  
**Soups:** Vegetable Beef Barley  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- Italian Sausage in Marinara  
-Vegetarian Chicken Parmesan  
Choose; sandwich or with pasta  
**SIDES:** Breadstick, Carrots & beans, mixed greens, Sun chips  
**Soups:** Chicken Noodle  
Tomato Basil  
Beef Chili  |

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| **ENTREES:**  
- Italian Sausage in Marinara  
-Vegetarian Chicken Parmesan  
Choose; sandwich or with pasta  
**SIDES:** Breadstick, Carrots & beans, mixed greens, Sun chips  
**Soups:** Chicken Noodle  
Tomato Basil  
Beef Chili  |

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| **ENTREES:**  
- BBQ Meatloaf  
-Vegetarian Meatball Sub  
With Mozzarella cheese  
**SIDES:** Mashed Potatoes, Corn, mixed greens, Sun chips  
**Soups:** Vegetable Beef Barley  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- BBQ Meatloaf  
-Vegetarian Meatball Sub  
With Mozzarella cheese  
**SIDES:** Mashed Potatoes, Corn, mixed greens, Sun chips  
**Soups:** Vegetable Beef Barley  
Broccoli Cheese  
Beef Chili  |

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- Chicken Coconut almond stew with Rice  
- Pakora (veggie fry ball) with Rice  
**SIDES:** Sliced dill carrots, bread stick, mixed greens, Sun chips  
**Soups:** Chicken Dumpling  
Minestrone  
Beef Chili  |

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| **ENTREES:**  
- Pork Dan Dan Noodles  
-Jackfruit Dan Dan Noodles  
**SIDES:** Vegetarian Egg Roll, Mixed greens, Sun chips  
**Soups:** Split Pea & Ham  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- Vegetarian Lasagna  
- Italian Chicken Sandwich; spicy shredded chicken on French roll  
**SIDES:** Green beans, mixed greens, Sun chips, bread stick  
**Soups:** Wisconsin Cheese & Bacon  
Harvest Grain & Mushroom  
Beef Chili  |

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| **ENTREES:**  
- Chicken Tikka Masala with Rice  
- Bombay Veggie Joe sandwich  
**SIDES:** Curry Fries, Grilled zucchini, Naan, mixed greens, Sun chips  
**Soups:** Chicken Dumpling  
Minestrone  
Beef Chili  |

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| **ENTREES:**  
- Blackened Catfish  
- BBQ Jackfruit sandwich  
**SIDES:** Southern greens, Vegetable Jambalaya, mixed greens, Sun chips  
**Soups:** Clam Chowder with Bacon  
Tomato Basil  
Beef Chili  |

**ENTREES:**  
- Spinach Pepperjack Quiche  
- Farmhouse Chicken  
**SIDES:** Mashed potatoes & gravy, Peas, mixed greens, Sun chips  
**Soups:** Chicken Noodle  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- Spinach Pepperjack Quiche  
- Farmhouse Chicken  
**SIDES:** Mashed potatoes & gravy, Peas, mixed greens, Sun chips  
**Soups:** Chicken Noodle  
Broccoli Cheese  
Beef Chili  |

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| **ENTREES:**  
- Two Chicken Soft shell tacos  
Toppings: lettuce, tomato, cheese, salsa verde  
-Chili Relianto with two taco shells  
**SIDES:** Spanish rice, mixed greens, Sun chips  
**Soups:** Baja Chicken Enchilada  
Harvest Grain & Mushroom  
Beef Chili  |

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| **ENTREES:**  
- Lemon Zaatar Chicken  
-Channa Masala with Rice  
**SIDES:** Naan, Mixed Greens, Rice  
Sun Chips  
**Soups:** Split Pea & Ham  
Minestrone  
Beef Chili  |

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| **ENTREES:**  
- Lemon Zaatar Chicken  
-Channa Masala with Rice  
**SIDES:** Naan, Mixed Greens, Rice  
Sun Chips  
**Soups:** Split Pea & Ham  
Minestrone  
Beef Chili  |

**NOTES:**

- Vegetarian Entrée $4.98 | Meat Entrée $5.21
- Soup Cup $2.65 | Soup Bowl $3.18 | Chili Cup $3.03 | Chili Bowl $3.65
- Additional sides are $0.75
- NOTE: All options subject to change

**Soup and Chili Ala Cart**

**Meat Option $5.21**

**Vegetarian Option $4.98**

**Meals Come with Choice One Entrée or Choice One Side**

**Additional sides $0.75**