



July Entrée and Soup Specials

Ingraham

Lunch Served 11am-1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>ENTREES: -Farmhouse Chicken -Black bean Burger served on Jalapeno corn bread with greens and ranch</p> <p>SIDES: Mashed potatoes & gravy, Peas & Carrots, Mixed greens salad, Sun chips</p> <p>Soups: Minestrone Chicken Chili Beef Chili</p>	<p>3</p> <p>ENTREES: - Cuban Pork Sandwich; shredded pork, salami, Swiss cheese & pickles - Garden Vegetable Jambalaya</p> <p>SIDES: Corn Muffin, Curried Cauliflower, Mixed Greens salad, Sun Chips</p> <p>Soups: Tomato Basil Split Pea & Ham Beef Chili</p>	<p>4</p> <p>CLOSED FOR THE HOLIDAY</p> <p>Have a Safe & Happy 4th</p>	<p>5</p> <p>ENTREES: - Italian Ragout with Goat Cheese Polenta -Pork Dan Dan Noodles</p> <p>SIDES: Grilled Zucchini, Veggie Pot Stickers, Mixed greens salad, Sun Chips</p> <p>Soups: Red Pepper Gouda Chicken & Wild Rice Beef Chili</p>	<p>6</p> <p>ENTREES: -Tavern Cod Sandwich - Grilled Kahlua Pork & Cheese w/ pineapple salsa</p> <p>SIDES: Curry Frips, Herbed Green Beans, Mixed greens salad, Sun chips</p> <p>Soups: Clam Chowder with bacon Veggie Chili Beef Chili</p>
<p>09</p> <p>ENTREES: -Meatballs -Vegetarian Meatballs Served on a bun or pasta</p> <p>SIDES: Breadstick with Marinara, Mixed Greens salad, Steamed Carrots, Sun Chips</p> <p>Soups: Harvest Grain & Mushroom Baja Chicken Enchilada Beef Chili</p>	<p>10</p> <p>ENTREES: -Hong Kong Beef Tips -Korean Tofu Sandwich- tofu, spring mix and pickled Bahn Mi veggies on a ciabatta bun</p> <p>SIDES: Jasmine Rice, Mixed Greens salad, Grilled Asparagus, Sun Chips</p> <p>Soups: Chicken Noodle Broccoli Cheese Beef Chili</p>	<p>11</p> <p>ENTREES: - Pork Pazoli - Swiss & Mushroom Quiche</p> <p>SIDES: Roasted Red Dijon Potatoes, Corn Muffin, Steamed Mixed Vegetables, Mixed Greens salad, Sun Chips</p> <p>Soups: Parmesan Kale & Sausage Veggie Chili Beef Chili</p>	<p>12</p> <p>ENTREES: -Garlic Herb Chicken Strips with Jasmine Rice -Falafel with Jasmine Rice</p> <p>SIDES: Grilled Pita, Fresh Tomato Fennel Salad, Black Bean Hummus, Mixed Greens salad, Sun Chips</p> <p>Soups: Wisconsin Cheese with Bacon Minestrone Beef Chili</p>	<p>13</p> <p>ENTREES: -Tavern Cod Sandwich - Chili Cheese Dog</p> <p>SIDES: Parmesan Frips, Corn, Mixed greens salad, Sun chips</p> <p>Soups: Clam Chowder with bacon Tomato Basil Beef Chili</p>
<p>16</p> <p>ENTREES: -Tsang Teriyaki Chicken Breast -Vegetarian Fried Rice</p> <p>SIDES: Asian Mixed Vegetables, Veggie Egg Rolls, Mixed greens salad, Sun chips</p> <p>Soups: Veggie Chili Chicken Dumpling Beef Chili</p>	<p>17</p> <p>ENTREES: - Macaroni and Cheese -Honey Dijon Chicken breast sandwich with lettuce & tomato</p> <p>SIDES: Southern Greens, Memphis Frips (seasoned chips) Mixed greens salad, Sun Chips</p> <p>Soups: Southwest Black Bean Chicken & Wild Rice Beef Chili</p>	<p>18</p> <p>ENTREES: - Two Chicken soft shell tacos Toppings; lettuce, tomato, cheese, salsa verde -Mexican Lasagna</p> <p>SIDES: Spanish rice, Adoba Pinto Beans, Mixed greens salad, Sun chips</p> <p>Soups: Vegetable Beef Barley Harvest Grain & Mushroom Beef Chili</p>	<p>19</p> <p>ENTREES: -Jerk Tofu sandwich topped with Mango Slaw - BBQ Jalapeno Meatloaf</p> <p>SIDES: Mashed Potatoes, Steamed mixed vegetables, Mixed greens salad, Sun chips</p> <p>Soups: Split Pea & Ham Broccoli Cheese Beef Chili</p>	<p>20</p> <p>ENTREES: -Tavern Cod Sandwich - Grilled Brat with optional diced onions & sauerkraut</p> <p>SIDES: Parmesan Frips, Corn, Mixed greens salad, Sun chips</p> <p>Soups: Clam Chowder with bacon Minestrone Beef Chili</p>
<p>23</p> <p>ENTREES: -Farmhouse Chicken -Black bean Burger served on Jalapeno corn bread with greens and ranch</p> <p>SIDES: Mashed potatoes & gravy, Peas & Carrots, Mixed greens salad, Sun chips</p> <p>Soups: Cheesy Chicken Tortilla Harvest Grain & Mushroom Beef Chili</p>	<p>24</p> <p>ENTREES: - Cuban Pork Sandwich; shredded pork, salami, Swiss cheese & pickles - Garden Vegetable Jambalaya</p> <p>SIDES: Corn Muffin, Carrots & beans, Mixed Greens salad, Sun Chips</p> <p>Soups: Potato Cheddar & bacon Minestrone Beef Chili</p>	<p>25</p> <p>ENTREES: -Chicken Parmesan -Veggie "Chicken" Parmesan Served on a Bun or Pasta</p> <p>SIDES: Breadstick, Mixed Greens salad, Green Beans, Sun Chips</p> <p>Soups: Chicken Dumpling Veggie Chili Beef Chili</p>	<p>26</p> <p>ENTREES: - Italian Ragout with Goat Cheese Polenta -Pork Dan Dan Noodles</p> <p>SIDES: Grilled Zucchini, Veggie Pot Stickers, Mixed greens salad, Sun Chips</p> <p>Soups: Red Pepper Gouda Chicken Noodle Beef Chili</p>	<p>27</p> <p>ENTREES: -Tavern Cod Sandwich - Grilled Kahlua Pork & Cheese w/pineapple salsa</p> <p>SIDES: Curry Frips, Herbed Green Beans, Mixed greens salad, Sun chips</p> <p>Soups: Clam Chowder with bacon Tomato Basil Beef Chili</p>
<p>30</p> <p>ENTREES: -Meatballs -Vegetarian Meatballs Served on a bun or pasta</p> <p>SIDES: Breadstick with Marinara, Mixed Greens salad, Steamed Carrots, Sun Chips</p> <p>Soups: Harvest Grain & Mushroom Baja Chicken Enchilada Beef Chili</p>	<p>31</p> <p>ENTREES: -Hong Kong Beef Tips -Korean Tofu Sandwich- tofu, spring mix and pickled Bahn Mi veggies on a ciabatta bun</p> <p>SIDES: Jasmine Rice, Mixed Greens salad, Grilled Asparagus, Sun Chips</p> <p>Soups: Chicken & Wild Rice Red Pepper Gouda Beef Chili</p>			

NOTES:

Vegetarian Entrée \$4.98 | Meat Entrée \$5.21
 Soup Cup \$2.95 | Soup Bowl \$3.50 | Chili Cup \$3.30 | Chili Bowl \$4.00
 (Soup & Chili Ala Carte only)
 Meals Include; Choice of One Entrée, Choice of One Side
 Additional sides are \$0.75 with Meal

NOTE: All options subject to change