



September Entrée and Soup Specials

Ingraham

Lunch Served 11am-1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Sept 2</p> <p>CLOSED LABOR DAY</p>	<p>3</p> <p>ENTREES: -Cuban Pork Sandwich; pork, salami, Swiss cheese, pickles -Caribbean Tofu Sand; tofu, mango salsa, mixed greens SIDES: Mashed Potatoes & Gravy, Steamed Broccoli & Carrots, Mixed Greens salad, Chips Soups: Chicken Noodle Broccoli Cheese Meat Chili</p>	<p>4</p> <p>ENTREES: -Beef Lasagna -Vegetarian Lasagna SIDES: Garlic Bread with Marinara, Italian Mixed Vegetables, Mixed greens salad, Chips Soups: Lentil & Chorizo Creamy Tomato Basil Meat Chili</p>	<p>5</p> <p>ENTREES: -Lemon Rosemary Chicken with Roasted baby Red Potatoes -Italian Ragout with Cheese & Chive Polenta SIDES: Herbed Mixed Vegetables, Greek Pasta Salad, Mixed Greens salad, Chips Soups: Chicken Dumpling Potato Leek</p>	<p>6</p> <p>ENTREES: -Tavern Cod Sandwich with ched cheese, tomato, lettuce, tartar sauce -Veggie Meatball Sub with Mozz Cheese SIDES: Carrots & Beans, Au Gratin Potatoes, Mixed greens salad, Chips Soups: WU Clam Chowder with Bacon Harvest Grain & Mushroom Meat Chili</p>
<p>9</p> <p>ENTREES: -Beef Pot Roast with Roasted Red Potatoes -Butternut Squash & Kale Quiche with Roasted Red Potatoes SIDES: Fresh Fruit Salad, Steamed Mixed Vegetables, Mixed Greens salad, Chips Soups: Cheesy Chicken Tortilla, Mediterranean Vegetable WU Beef Chili</p>	<p>10</p> <p>ENTREES: - Two Soft Shell Chicken Tacos - Vegetarian Mexican Lasagna Both with Cilantro, Lime Rice SIDES: Tortilla Chips & Black Bean Salsa Mexican Corn, Mixed greens salad, Chips Soups: Vegetable Beef Barley Broccoli Cheese Meat Chili</p>	<p>11</p> <p>ENTREES: -Tikka Masala-Chicken -Chana Masala- Chickpea Both served with Basmati Rice SIDES: Curried Cauliflower, Naan bread, Mixed greens salad, Chips Soups: WU Chicken Noodle Creamy Tomato Basil Meat Chili</p>	<p>12</p> <p>ENTREES: -Currywurst sausage with Potato Wedge Fries -Fried Curry Tofu with Potato Wedge Fries SIDES: German Carrots, Picked Cole Slaw, Mixed Greens salad, Chips Soups: Wisconsin Cheese & Bacon Minestrone WU Beef Chili</p>	<p>13</p> <p>ENTREES: Choose -Chicken Shawirma, Falafel, or Lamb Gyro Meat Choose: Pita, Rice or Salad Topped with tomato, onion, tzatziki sauce SIDES: Zaatar Grilled Pita, Greek Greens, Mixed greens salad, Chips Soups: Clam Chowder with Bacon WU Potato Leek Meat Chili</p>
<p>16</p> <p>ENTREES: -Pork Dan Dan Noodles -Vegetable Lo Mein SIDES: Veggie Pot Stickers, Asain Mixed Vegetables, Mixed Greens salad, Chips Soups: Split Pea & Ham Broccoli Cheese WU Beef Chili</p>	<p>17</p> <p>ENTREES: -Thai Green Curry Chicken with Rice -Thai Red Curry Vegetables with Rice SIDES: Veggie Pot Stickers, Thai Green Beans, Mixed Greens salad, Chips Soups: Chicken Dumpling WU Veggie Chili Meat Chili</p>	<p>18</p> <p>ENTREES: -BBQ Meatloaf with Baked beans -Macaroni and Cheese with Baked Beans SIDES: Soy cashew Brussels sprouts, Memphis Frips, Mixed Greens salad, Chips Soups: Baja Chicken Enchilada Harvest Grain & Mushroom Meat Chili</p>	<p>19</p> <p>ENTREES: -Chicken Parmesan with Garlic Pasta -Eggplant Parmesan with Garlic Pasta SIDES: Breadstick with Marinara, Italian Mixed Vegetables, Mixed Greens salad, Chips Soups: Chicken Noodle Creamy Tomato basil WU Beef Chili</p>	<p>20</p> <p>ENTREES: -Baked Lemon Butter Cod -Pork Loin with Peanut Sauce Both come with sour cream potatoes SIDES: Steamed mixed Veggies, Mixed greens salad, Chips Soups: WU Clam Chowder with bacon Minestrone WU Beef Chili</p>
<p>23</p> <p>ENTREES: -Shredded BBQ Chicken Sandwich topped w/ Cole Slaw -Black Bean Burger on Texas Toast w/ mixed greens, tomato and ranch SIDES: Green Beans, Memphis Frips, Mashed Potatoes & Gravy Mixed Greens salad, Chips Soups: Lentil & Chorizo Cream of Mushroom Meat Chili</p>	<p>24</p> <p>ENTREES: -Mediterranean Chicken with Polenta -Italian Ragout with Polenta SIDES: Creole Vegetables, Mixed Greens salad, Chips Soups: Cheesy Chicken Tortilla Potato Leek WU Beef Chili</p>	<p>25</p> <p>ENTREES: -Beef Lasagna -Vegetarian Lasagna Both come with Garlic Bread & Marinara SIDES: Italian Mixed Vegetables, Mixed greens salad, Chips Soups: Vegetable Beef Barley Creamy Tomato Basil Meat Chili</p>	<p>26</p> <p>ENTREES: -Teriyaki Chicken with Brown Rice -Deep Fried Teriyaki Tofu with brown rice SIDES: Steamed Broccoli, Veggie Egg Rolls, Mixed Greens salad, Chips Soups: Chicken Dumpling Harvest Grain & Mushroom WU Beef Chili</p>	<p>27</p> <p>ENTREES: -Tavern Cod Sandwich with ched cheese, tomato, lettuce, tartar sauce -Veggie Meatball Sub with Mozz Cheese SIDES: Carrots & Beans, Potatoes Au Gratin, Mixed greens salad, Chips Soups: WU Clam Chowder with Bacon Broccoli Cheese Meat Chili</p>
<p>30</p> <p>ENTREES: -Beef Pot Roast with Roasted Red Potatoes -Butternut Squash & Kale Quiche with Roasted Red Potatoes SIDES: Fresh Fruit Salad, Steamed Mixed Vegetables, Mixed Greens salad, Chips Soups: Cheesy Chicken Tortilla, Mediterranean Vegetable WU Beef Chili</p>	<p>October 1</p>			

NOTES:

Vegetarian Entrée \$6.16 | Meat Entrée \$6.40
 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
 Assorted Chips: Orig Sun Chips, Ched Sun Chips, Goldfish, Baked Lays
 NOTE: All options subject to change, WU= Wisconsin Union Made