



September Entrée and Soup Specials

Ingraham

Lunch Served 11am-1:30pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meat Option \$5.50 Vegetarian Option \$5.25</p> <p>Meals Come with: Choice One Main dish Choice One Side dish</p> <p>Additional sides -\$.75</p> <p>Soup and Chili Ala Cart</p>	<p>5</p> <p>- Thai Glazed Chicken Thigh Served with Jasmine Rice and Thai Green Beans</p> <p>-Veggie Meatball Sub Vegetarian "Meatballs" in Marinara with Mozzarella cheese on a bun *</p> <p>Soups: Wisconsin Cheese Broccoli Cheese Cream of Potato</p>	<p>6</p> <p>MAINS: -Lemon Zaatar Chicken -Curried Vegetable Stew</p> <p>SIDES: Rice, Naan, Mixed Greens, Sun Chips</p> <p>Soups: Chicken Noodle Tomato Basil Veggie Chili</p>	<p>7</p> <p>MAINS: - Italian Ragout with Goat Cheese Polenta - Italian Beef Sub; Shredded beef, provolone cheese, girardiniera</p> <p>SIDES: Herbed green beans, mixed greens, Sun Chips</p> <p>Soups: Broccoli Cheese Vegetable Beef Barley Meat Chili</p>	<p>8</p> <p>MAINS: -Tavern Cod Sandwich with Cheddar cheese, lettuce & tarter -Garlic herbed chicken strips</p> <p>SIDES: Jasmine Rice, green beans w/almonds, mixed greens, Sun Chips</p> <p>Soups: Harvest Grian Clam Chowder with Bacon Dill Carrot</p>
<p>11</p> <p>MAINS: -Cuban Pork Sandwich; pork, salami, swiss cheese, pickles - Macaroni & Cheese</p> <p>SIDES: Sliced dill carrots, bread stick, mixed greens, Sun chips</p> <p>Soups: Chipotle Chicken Japanese Sesame Vegetable</p>	<p>12</p> <p>MAINS: Greek Plate; Falafel or Gyro meat on Pita or Mixed Greens topped w/tomato, onion & tzatziki</p> <p>SIDES: Parmesan Frips, mixed greens, Pita, Sun chips</p> <p>Soups: Grilled corn & Tomato Cheesy Chicken Tortilla Veggie Chili</p>	<p>13</p> <p>MAINS: - BBQ Meatloaf -Vegetarian Sloppy Joe</p> <p>SIDES: Mashed Potatoes, Corn, mixed greens, Sun chips</p> <p>Soups: Chicken Dumpling Grilled Corn and Tomato Veggie Chili</p>	<p>14</p> <p>MAINS: - Gnocchi with Italian Sausage -Gnocchi with Vegetable marinara</p> <p>SIDES: Breadstick, Carrots & beans, mixed greens, Sun chips</p> <p>Soups: Chipotle Squash Split Pea & Ham Veggie Chili</p>	<p>15</p> <p>MAINS: -Tavern Cod Sandwich with cheddar cheese, lettuce & tartar -Black Bean burger on texas toast with greens & ranch</p> <p>SIDES: Dry rub Frips, mixed greens, Sun chips</p> <p>Soups: Clam Chowder with Bacon Harvest Grain & Mushroom Veggie Chili</p>
<p>18</p> <p>MAINS: -Chicken Coconut almond stew -Pakora (veggie fry ball)</p> <p>SIDES: Basmati rice, Naan, curried cauliflower, mixed greens, Sun chips</p> <p>Soups: Vegetable Beef Barley Tomato Basil Veggie Chili</p>	<p>19</p> <p>MAINS: - Pork Dan Dan Noodles -Jack fruit Dan Dan Noodles</p> <p>SIDES: Mixed greens, Sun chips</p> <p>Soups: Chicken Dumpling Harvest Grain & Mushroom Veggie Chili</p>	<p>20</p> <p>MAINS: -Vegetarian Lasagna -Italian Chicken Sandwich; spicy shredded chicken on French roll</p> <p>SIDES: Green beans, mixed greens, Sun chips, bread stick</p> <p>Soups: Wisconsin Cheese with Bacon Minestrone</p>	<p>21</p> <p>MAINS: -Chicken Tikka Masala -Bombay Veggie Joe sandwich</p> <p>SIDES: Curry Frips, Grilled zucchini, mixed greens, Sun chips</p> <p>Soups: Chicken Noodle Broccoli Cheese Veggie Chili</p>	<p>22</p> <p>MAINS: -Blackened Catfish -BBQ Jackfruit sandwich</p> <p>SIDES: Southern greens, Vegetable Jambalaya, mixed greens, Sun chips</p> <p>Soups: Clam Chowder with bacon Tomato Basil Veggie Chili</p>
<p>25</p> <p>MAINS: -Spinach Pepperjack Quiche -Farmhouse Chicken</p> <p>SIDES: Mashed potatoes & gravy, Peas, mixed greens, Sun chips</p> <p>Soups: Split Pea & Ham Harvest Grain & Mushroom</p>	<p>26</p> <p>MAINS: - Two Chicken Soft shell tacos -Chili Rellano Toppings; lettuce, tomato, cheese, salsa verde</p> <p>SIDES: Spanish rice, mixed greens, Sun chips</p> <p>Soups: Baja Chicken Enchilada Minestrone</p>	<p>27</p> <p>MAINS: -Lemon Zaatar Chicken -Curried Vegetable Stew</p> <p>SIDES: Rice, Naan, Mixed Greens, Sun Chips</p> <p>Soups: Vegetable Beef Barley Broccoli Cheese Veggie Chili</p>	<p>28</p> <p>MAINS: - Italian Ragout with Goat Cheese Polenta - Italian Beef Sub; Shredded beef, provolone cheese, girardiniera</p> <p>SIDES: Herbed green beans, mixed greens, Sun Chips</p> <p>Soups: Chicken Dumpling Tomato Basil Veggie Chili</p>	<p>29</p> <p>MAINS: -Tavern Cod Sandwich with Cheddar cheese, lettuce & tarter -Garlic herbed chicken strips</p> <p>SIDES: Jasmine Rice, green beans w/almonds, mixed greens, Sun Chips</p> <p>Soups: Clam Chowder with Bacon Curry Potato</p>
<p>2</p> <p>Soups:</p>	<p>3</p> <p>Soups:</p>	<p>4</p> <p>Soups:</p>	<p>5</p> <p>Soups:</p>	<p>6</p> <p>Soups: Clam Chowder with Bacon</p>

NOTES:

Vegetarian Entrée \$5.00 | Meat Entrée \$5.25
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