



INDIVIDUALLY PACKED ENTREES

Available in the Grab 'N Go case at all Ithaca Bakery and Collegetown Bagels locations

MAY 10-13

- Grilled Chicken w/ Herbs, Penne, Spinach, Roasted Garlic and Tomato, Zucchini Parmesan
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Grilled Flank Steak with Roasted Potatoes and Corn with Roasted Red Peppers
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

MAY 14-16

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Cranberry Walnut Salmon with Rice Pilaf and Glazed Carrots
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas

MAY 17-20

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Grilled Steak w/ Herb Roasted Potatoes and Grilled Zucchini with Olives & Mint
- Eggplant Parmesan, Angel Hair Pasta w/House Tomato Sauce and Broccoli w/ Roasted Garlic

MAY 21-23

- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic
- Thai Meatballs with Red Curry Peanut Sauce, Lime Noodles w/ Basil & Sesame and Gingered Broccoli
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Balsamic Grilled Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini

MAY 24-27

- BBQ Flank Steak with Roasted Potatoes and Baked Beans
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chorizo & Chicken Fried Rice
- Baja Quesadilla, Green Rice w/ Oven-Dried Tomatoes and Hominy and Corn with Roasted Red Peppers and a side of Sour Cream

MAY 28-30

- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Bourbon & Brown Sugar Glazed Ham, Boursin Potato Pave and Cumin & Mint Charred Carrots
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Slow Roasted Brisket w/ Herb Gremolata, Boursin Potato Pave and Cumin & Mint Charred Carrots

MAY 31-JUNE 3

- Maple Mustard Roasted Chicken, Boursin Potato Pave and Roasted Brussels Sprouts w/ Pomegranates
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Grilled Italian Sausage with Peppers, Caramelized Onions and Mashed Potatoes