



## INDIVIDUALLY PACKED ENTREES

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

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### APRIL 1-3

- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### APRIL 4-7

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts

### APRIL 8-10

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

### APRIL 11-17

- Herb Roasted Cod w/ Lemon Caper Sauce, Herb Roasted Broccoli and Sweet Potato Casserole
- Herb Roasted Chicken w/ Apricot Glaze, Herb Roasted Broccoli and Sweet Potato Casserole
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole

### APRIL 18-21

- Honey Glazed Ham w/ Dijon Mustard Sauce, Herb Roasted Broccoli and Rosemary Roasted Potatoes
- Herb Roasted Chicken w/ Apricot Glaze, Herb Roasted Broccoli and Rosemary Roasted Potatoes
- Spinach and Feta Stuffed Portobello Caps w/ Herb Roasted Broccoli and Rosemary Roasted Potatoes
- Fish & Chips with Coleslaw & Tartar Sauce

### APRIL 22-24

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Fried Chicken with Gravy, Roasted Garlic Whipped Potatoes, and Green Bean Almondine
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Spicy Chili Lime Flank Steak with Black Beans and Roasted Sweet Corn

### APRIL 25-28

- Fish & Chips with Coleslaw & Tartar Sauce
- Roasted Half Chicken w/ Gravy, Smashed Potatoes & Roasted Brussels Sprouts
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### APRIL 29-MAY 1

- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen and Blistered Bok Choy
- Grilled Mahi Mahi w/ Coconut Chili Lime Sauce, Grilled Rapini & Roasted Butternut Squash with Toasted Wal-Nuts
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts 55294

### MAY 2-5

- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Miso Glazed Salmon with Asian Vegetable Stir Fry
- Cornell Chicken w/ Butternut & Sweet Potato Mash and Roasted Brussels Sprouts
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan