



## INDIVIDUALLY PACKED ENTREES

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

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### AUGUST 2-5

- Grilled Flank Steak with Roasted Potatoes and Corn with Roasted Red Peppers
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Pan Fried Chicken with Lemon and Capers, Parmesan Risotto & Broccoli with Fresh Parmesan
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts

### AUGUST 6-8

- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Srirachi Honey, Sesame Garlic Ramen, and Blistered Green Beans
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### AUGUST 9-12

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Cornell Chicken with Salt potatoes & Vegetarain Baked Beans
- Penne with Cherry Tomatoes, Broccoli and Roasted Tomato with Parmesan

### AUGUST 13-15

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

### AUGUST 16-19

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Miso Glazed Salmon w/ Asian Vegetable Stir Fry
- Moonshine Pork Tenderloin with Grilled Rapini and Chipotle Mac and Cheese
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### AUGUST 20-22

- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Srirachi Honey, Sesame Garlic Ramen, and Blistered Green Beans
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### AUGUST 23-26

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan"
- Cornell Chicken with Salt potatoes & Vegetarain Baked Beans
- Penne with Cherry Tomatoes, Broccoli and Roasted Tomato with Parmesan

### AUGUST 27-29

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

### AUGUST 30-SEPT 2

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Miso Glazed Salmon w/ Asian Vegetable Stir Fry
- Moonshine Pork Tenderloin with Grilled Rapini and Chipotle Mac and Cheese
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan