



## INDIVIDUALLY PACKED ENTREES

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

### FEBRUARY 2-5

- Italian Sausage Raviloi with White Wine Cream Sauce, Blistered Cherry Tomatoes, Seared "Long-Island" Seasoned Zucchini
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts
- Herb Roasted Chicken Thighs, Polenta, Broccoli Rabe with Chicken au Jus & Mustard Seed "Caviar"

### FEBRUARY 6-8

- Pan Fried Chicken with Lemon and Capers, Parmesan Risotto & Broccoli with Fresh Parmesan
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Teriyaki Tofu with Fried Rice and Gingered Broccoli
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan

### FEBRUARY 9-12

- Wild Mushroom Stroganoff with Three Pea Stir Fry
- BBQ Flank Steak with Roasted Potatoes and Baked Beans
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Grilled Chicken Cordon Bleu with Roasted Potatoes and Frenched Green Beans

### FEBRUARY 13-15

- Coconut Vegetable Curry with Almond Rice Pilaf & Skillet Greens
- Grilled Chicken w/ Herbs, Penne, Spinach, Roasted Garlic and Tomato, Zucchini Parmesan
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

### FEBRUARY 16-19

- Grilled Chicken Saltimbocca with Parmesan Risotto & Roasted Zucchini
- Pulled Pork with Macaroni & Cheese and Cornbread
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### FEBRUARY 20-22

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Rosemary Pork Chop w/ Roasted Garlic Jus, Scalloped Potatoes and Corn Saute
- Yogurt Braised Chicken & Cashews with Jasmine Rice and Curried Cauliflower

### FEBRUARY 23-26

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Fried Chicken with Red Eye Gravy, Roasted Garlic Whipped Potatoes, and Green Bean Almondine
- Eggplant Parmesan, Angel Hair Pasta w/House Tomato Sauce and Broccoli w/ Roasted Garlic

### FEBRUARY 27-29

- 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
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Balsamic Grilled Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini

### MARCH 1-4

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese