



## INDIVIDUALLY PACKED ENTREES

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

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### FEB 4-6

- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Spicy Cherry Pepper Chicken with Black Beans and Sauteed Green Beans
- Ginger Soy Flank Steak with Lentils and Roasted Cauliflower
- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots

### FEB 7-10

- House Pot Roast with Egg Noodles, Roasted Vegetables and Red Win Demi-glace
- Lemon Basil Shrimp with Quinoa and Roasted Broccoli
- Roast Turkey with Gravy, Mashed Potatoes, Green Beans and Cranberry Sauce
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

### FEB 11-13

- Mediterranean Flank Steak with Wheat Berries and Grilled Eggplant
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- BBQ Pork Tenderloin with Chipotle Mac-n-Chese and Grilled Rapini
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### FEB 14-17

- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin 55380
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts 55389
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts

### FEB 18-20

- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Spicy Cherry Pepper Chicken with Black Beans and Sauteed Green Beans
- Ginger Soy Flank Steak with Lentils and Roasted Cauliflower
- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots

### FEB 21-24

- House Pot Roast with Egg Noodles, Roasted Vegetables and Red Win Demi-glace 55144
- Lemon Basil Shrimp with Quinoa and Roasted Broccoli
- Roast Turkey with Gravy, Mashed Potatoes, Green Beans and Cranberry Sauce
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

### FEB 25-27

- Mediterranean Flank Steak with Wheat Berries and Grilled Eggplant
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- BBQ Pork Tenderloin with Chipotle Mac-n-Chese and Grilled Rapini
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### FEB 28-MAR 2

- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts 55389
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts