



INDIVIDUALLY PACKED ENTREES

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

JAN 3-6

- Pot Roast with Noodles, Horseradish Smashed Potatoes and Green Beans w/ Parsley and Lemon
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

JAN 7-9

- Penne with Pesto Cream Sauce, Meatballs and Broccoli Parmesan
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Roasted Turkey with Gravy, Mashed Potatoes, Cranberry Sauce & Green Beans

JAN 10-13

- Herb Roasted Chicken, Honey Roasted Carrots w/ Cheve & Toasted Walnuts and Bacon, Cheese Brussels Sprouts
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

JAN 14-16

- Grilled Ham Steak with Macaroni and Cheese and Glazed Carrots
- Roasted Pork Tenderloin w/ Whole Grain Mustard Sauce & Maple Sweet Potato Mashed
- Turkey Tetrazini with Acorn Squash & Steamed Broccoli

JAN 17-21

- Pot Roast with Noodles, Horseradish Smashed Potatoes and Green Beans w/ Parsley and Lemon
- Roasted Half Chicken w/ Gravy, Smashed Potatoes & Roasted Brussels Sprouts
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

JAN 22-24

- Penne with Pesto Cream Sauce, Meatballs and Broccoli Parmesan
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Roasted Turkey with Gravy, Mashed Potatoes, Cranberry Sauce & Green Beans

JAN 25-28

- Herb Roasted Chicken, Honey Roasted Carrots w/ Cheve & Toasted Walnuts and Bacon, Cheese Brussels Sprouts
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

JAN 29-31

- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts
- Bourbon & Brown Sugar Glazed Ham, Boursin Potato Pave and Cumin & Mint Charred Carrots
- Meatloaf with Mashed Potatoes and Gravy, Onions and Steamed Carrots

FEB 1-4

- Turkey Tetrazini with Acorn Squash & Steamed Broccoli
- Roasted Half Chicken w/ Gravy, Smashed Potatoes & Roasted Brussels Sprouts
- Grilled Ham Steak with Macaroni and Cheese and Glazed Carrots