



INDIVIDUALLY PACKED ENTREES

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

JUNE 11-13

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

JUNE 14-17

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

JUNE 18-20

- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Red Eye Gravy, Roasted Garlic Whipped Potatoes, and Green Bean Almondine
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

JUNE 21-24

- Slow Roasted Brisket w/ Herb Gremolata, Boursin Potato Pave and Cumin & Mint Charred Carrots
- 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

JUNE 25-27

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots"
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

JUNE 28-31

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan