



INDIVIDUALLY PACKED ENTREES

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

MARCH 5-7

- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Beef and Broccoli Stir Fry
- Teriyaki Tofu with Fried Rice and Gingered Broccoli
- Grilled Flank Steak, Roasted Mushrooms, Peppers & Onions, Salt Potatoes, & Boom Boom Sauce

MARCH 8-11

- Pork Loin with Romesco Sauce, Roasted Potatoes and Green Beans with Mushrooms
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Grilled Chicken with Jalapeno Chutney, Chili Onions and Corn Pudding
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts

MARCH 12-14

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

MARCH 15-18

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

MARCH 19-

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Rosemary Pork Chop w/ Roasted Garlic Jus, Scalloped Potatoes and Corn Saute
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas

MARCH 22

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Sirloin with Portobello and Red Pepper Jus, Parmesan Potatoes and Green Beans with Lemon and Basil
- Herb Roasted Chicken Thighs, 3 Cheese Polenta and Broccoli Rabe w/ Mustard Chicken Au Jus
- Bucatini Pasts with Olives & Sun-dried Tomatoes and Broccoli wit Wine & Garlic

MARCH 26

- 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 29-APRIL 1

- BBQ Flank Steak with Roasted Potatoes and Baked Beans
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Baja Quesadilla, Green Rice w/ Oven-Dried Tomatoes and Hominy and Corn with Roasted Red Peppers and a side of Sour Cream