



## INDIVIDUALLY PACKED ENTREES

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

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### MAR 4-6

- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### MAR 7-10

- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Seared Salmon w/ Quinoa Pilaf, Steamed Broccoli, and Lemon Dill Yogurt Sauce
- Balsamic Flank Steak with Cannelini Beans and Roasted Cherry Tomatoes
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

### MAR 11-13

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Grilled Lemon Herb Chicken with Lentils and Sauteed Kale

### MAR 14-17

- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Blackened Salmon with Red Beans and Rice, Collard greens and Spicy Remoulade
- Spicy Chili Lime Flank Steak with Black Beans and Roasted Sweet Corn
- Corned Beef w/ Cabbage & Apples, Colcannon, Carrots & Mustard Sauce

### MAR 18-20

- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### MAR 21-24

- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Seared Salmon w/ Quinoa Pilaf, Steamed Broccoli, and Lemon Dill Yogurt Sauce
- Balsamic Flank Steak with Cannelini Beans and Roasted Cherry Tomatoes
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

### MAR 25-27

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Grilled Lemon Herb Chicken with Lentils and Sauteed Kale

### MAR 28-31

- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Blackened Salmon with Red Beans and Rice, Collard greens and Spicy Remoulade
- Spicy Chili Lime Flank Steak with Black Beans and Roasted Sweet Corn
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan