



INDIVIDUALLY PACKED ENTREES

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

MAY 5-8

- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried BoChoy
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Spinach and Feta Stuffed Portobello Caps w/ Herb Roasted Broccoli and Rosemary Roasted Potatoes

MAY 9-12

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrot

MAY 13-15

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

MAY 16-19

- Herb Roasted Cod w/ Lemon Caper Sauce, Herb Roasted Broccoli and Sweet Potato Casserole
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole
- Fish & Chips with Coleslaw & Tartar Sauce

MAY 20-22

- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Spinach and Feta Stuffed Portobello Caps w/ Herb Roasted Broccoli and Rosemary Roasted Potatoes

MAY 23-26

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrot

MAY 26-28

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

MAY 30-JUNE 2

- Herb Roasted Cod w/ Lemon Caper Sauce, Herb Roasted Broccoli and Sweet Potato Casserole
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole
- Fish & Chips with Coleslaw & Tartar Sauce