



## INDIVIDUALLY PACKED ENTREES

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

### OCTOBER 31–NOVEMBER 2

- Wild Mushroom Stroganoff with Three Pea Stir Fry
- BBQ Flank Steak with Roasted Potatoes and Baked Beans
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

### NOVEMBER 3–6

- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Pan Fried Chicken with Lemon and Capers, Parmesan Risotto & Broccoli with Fresh Parmesan
- Bucatini Pasta with Olives & Sun-dried Tomatoes and Broccoli with Wine & Garlic

### NOVEMBER 7–9

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- BBQ Chicken Legs, Salt Potatoes, Grilled Asparagus
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

### NOVEMBER 10–13

- Chicken, Snap Peas, & Cherry Tomatoes with Rotini Pasta with Creamy Garlic Herb Sauce
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Pork Schnitzel with Herb Spaetzel, Peas, and Braised Red Cabbage
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### NOVEMBER 14–16

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Dry Rubbed Pork Chop w/ Peach Relish. Grilled Broccolini, & Roasted Fingerling Potatoes
- Chorizo & Chicken Fried Rice

### NOVEMBER 17–20

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Fried Chicken w/ Red Eye Gravy, Roasted Garlic Whipped Potatoes, & Green Bean Almondine
- Eggplant Parmesan, Angel Hair Pasta w/ House Tomato Sauce and Broccoli w/ Roasted Garlic

### NOVEMBER 21–23

- Roasted Turkey with Green Bean Casserole, Roasted Garlic & Herb Mashed Potatoes, Gravy, Cranberry Orange Relish
- Pomegranete salmon with Olives and Orange, Roasted Garlic & Herb Mashed Potatoes, Broccoli & Brussels with Cranberry Agrodolce
- Wild Rice and Tofu Stuffed Honeynut Squash, Brussels & Broccoli w/ Cranberry Agrodolce

### NOVEMBER 24–27

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese

### NOVEMBER 28–30

- Cheese Ravioli with Sun-dried Tomatoes, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Bourbon & Brown Sugar Glazed Ham, Boursin Potato Pave and Cumin & Mint Charred Carrots
- Grilled Chicken Saltimbocca with Parmesan Risotto & Roasted Zucchini
- Slow Roasted Brisket w/ Herb Gremolata, Boursin Potato Pave and Cumin & Mint Charred Carrots

### DECEMBER 1–3

- Italian Sausage Ravioli with White Wine Cream Sauce, Blistered Cherry Tomatoes, Seared "Long-Island" Seasoned Zucchini
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts
- Herb Roasted Chicken Thighs, Polenta, Broccoli Rabe with Chicken au Jus & Mustard Seed "Caviar"