



## INDIVIDUALLY PACKED ENTREES

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

---

### OCT 11-14

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Miso Glazed Salmon w/ Asian Vegetable Stir Fry
- Moonshine Pork Tenderloin with Grilled Rapini and Chipotle Mac and Cheese
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### OCT. 15-17

- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Srirachi Honey, Sesame garlic Ramen, and Bok Choy
- Grilled Mahi Mahi with coconut chili lime sauce, grilled rapini and Roasted Butternut with toasted walnuts
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### OCT. 18-21

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Cornell Chicken with Butternut and Sweet Potato Mash & Roasted Brussels Sprouts
- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic

### OCT. 22-24

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Fish & Chips with Coleslaw & Tartar Sauce
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

### OCT. 25-28

- Jamaican Jerk Chicken w/ Spicy Black Beans and Grilled Pineapple & Jicama Salad
- Miso Glazed Salmon w/ Asian Vegetable Stir Fry
- Moonshine Pork Tenderloin with Grilled Rapini and Chipotle Mac and Cheese
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

### OCT. 29-31

- House Pot Roast with Broad Noodles, Roasted Vegetables and Red Win Demi-glace
- Cornell Chicken w/ Butternut & Sweet Potato Mash and Roasted Brussels Sprouts
- Cherry BBQ Pulled Pork, Sage Roasted Brussels, & Herbed Corn Pudding
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### NOV. 1-4

- Italian Meatballs with Angel Hair Pasta and Broccoli with Fresh Parmesan
- Grilled Salmon with Pesto, Mushroom Pilaf and Roasted Zucchini Parmesan
- Maple Mustard Roasted Chicken, Boursin Potato Pave and Roasted Brussels Sprouts w/ Pomegranates
- Wild Mushroom Stroganoff with Three Pea Stir Fry