



INDIVIDUALLY PACKED ENTREES

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

SEPTEMBER 5-7

- 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

SEPTEMBER 8-11

- 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
- Orichette with Sun Dried Tomatoes, Asparagus, Roasted Garlic and Peas

SEPTEMBER 12-14

- 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

SEPTEMBER 15-18

- 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

SEPTEMBER 19-21

- 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 Broccoli, & Roasted Fingerling Potatoes
- Chorizo & Chicken Fried Rice

SEPTEMBER 22-25

- 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

SEPTEMBER 26-28

- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes and 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
- Beef & Broccoli Stir Fry

SEPTEMBER 29-OCTOBER 2

- 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