



INDIVIDUALLY PACKED ENTREES

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

SEPT. 3-5

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

SEPT. 6-9

- 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

SEPT. 10-12

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

SEPT. 13-16

- 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

SEPT. 17-19

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

SEPT. 20-23

- 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

SEPT. 24-26

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine Nuts

SEPT. 27-30

- 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