



## INDIVIDUALLY PACKED ENTREES

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

### AUGUST 1-4

- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Fish & Chips with Coleslaw & Tartar Sauce
- Grilled Italian Sausage w/ peppers, Caramelized Onions & Mashed Potatoes
- Teriyaki tofu w/ Fried Rice and gingered Broccoli

### AUGUST 5-7

- Balsamic Grilled Chicken w/ Tortellini & SDT & Roasted Zucchini
- Eggplant Parmesan w/ Creamy Ditalini and Wilted Spinach w/ Garlic
- Grilled Mahi Mahi w/ Coconut Chili Lime Sauce, Grilled Rapini & Roasted Butternut Squash with Toasted Walnuts
- BBQ Ribs with Creamed Corn and Peas & Carrots

### AUGUST 8-10

- Fish & Chips with Coleslaw & Tartar Sauce
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### AUGUST 12-14

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Grilled Lemon Herb Chicken with Lentils and Sautéed Kale
- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage

### AUGUST 15-18

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- BBQ Ribs with Creamed Corn and Peas & Carrots

### AUGUST 19-21

- Balsamic Grilled Chicken w/ Tortellini & SDT & Roasted Zucchini
- Eggplant Parmesan w/ Creamy Ditalini and Wilted Spinach w/ Garlic
- Grilled Mahi Mahi w/ Coconut Chili Lime Sauce, Grilled Rapini & Roasted Butternut Squash with Toasted Walnuts
- BBQ Ribs with Creamed Corn and Peas & Carrots

### AUGUST 22-25

- Fish & Chips with Coleslaw & Tartar Sauce
- Smoky Roasted Chicken Thighs with Wild Rice Pilaf and Grilled Zucchini
- Teriyaki Shrimp w/ Sesame Noodles & Stir Fried Bok Choy
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

### AUGUST 26-28

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Grilled Lemon Herb Chicken with Lentils and Sautéed Kale
- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Low Country Shrimp Boil w/ Potatoes, Corn on the Cob & Kielbasa Sausage

### AUGUST 29-SEPT. 2

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- BBQ Ribs with Creamed Corn and Peas & Carrots