



## INDIVIDUALLY PACKED ENTREES

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

### JAN 23-26

- Seared Salmon w/ Quinoa Pilaf, Steamed Broccoli, and Lemon Dill Yogurt Sauce
- Fish & Chips with Coleslaw & Tartar Sauce
- Balsamic Flank Steak with Cannelini Beans and Roasted Cherry Tomatoes

### JAN 27-FEB 2

- TBD

### FEB 3-5

- Bow Ties with Hot Sausage and Mustard Sauce with Broccoli Parmesan
- Lemon Basil Shrimp with Quinoa and Roasted Broccoli
- Rosemary Garlic Roast Turkey with Prosciutto Sage Gravy and Roasted Butternut Squash Risotto
- Roasted Spaghetti Squash with Mushroom Bolognese and Garlic Mashed Potatoes

### FEB 6-9

- Baked Cod with Boiled Tomatoes, Herb Orzo & Zucchini Cheese Bake
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables
- Fish & Chips with Coleslaw & Tartar Sauce
- Bistro Steak with Parmesan Risotto & Buttered Corn

### FEB 10-12

- Chicken Cutlet with Penne Vodka & Zucchini Parmesan
- Cranberry Walnut Salmon with Herb Potatoes and Raspberry Beets
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Couscous & Feta Stuffed Peppers in Fennel Tomato Broth

### FEB 13-16

- Cherry Bourbon Glazed Ham with Polenta and Garlic Parmesan Roasted Carrots
- House Pot Roast with Egg Noodles, Roasted Vegetables and Red Wine Demi-glace
- Fish & Chips with Coleslaw & Tartar Sauce
- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped feta and Fresh Herbs

### FEB 17-19

- Bow Ties with Hot Sausage and Mustard Sauce with Broccoli Parmesan
- Lemon Basil Shrimp with Quinoa and Roasted Broccoli
- Rosemary Garlic Roast Turkey with Prosciutto Sage Gravy and Roasted Butternut Squash Risotto
- Roasted Spaghetti Squash with Mushroom Bolognese and Garlic Mashed Potatoes

### FEB 20-23

- Baked Cod with Boiled Tomatoes, Herb Orzo & Zucchini Cheese Bake
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables
- Fish & Chips with Coleslaw & Tartar Sauce
- Bistro Steak with Parmesan Risotto & Buttered Corn

### FEB 24-26

- Chicken Cutlet with Penne Vodka & Zucchini Parmesan
- Cranberry Walnut Salmon with Herb Potatoes and Raspberry Beets
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Couscous & Feta Stuffed Peppers in Fennel Tomato Broth

### FEB 27-MAR 2

- Cherry Bourbon Glazed Ham with Polenta and Garlic Parmesan Roasted Carrots
- House Pot Roast with Egg Noodles, Roasted Vegetables and Red Wine Demi-glace
- Fish & Chips with Coleslaw & Tartar Sauce
- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped feta and Fresh Herbs