



## INDIVIDUALLY PACKED ENTREES

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

### DEC 30-JAN 1

- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen and Blistered Bok Choy
- Eggplant Parmesan with Garlic Bread and Roasted Zucchini
- Bow Ties with Hot Sausage and Mustard Sauce with Broccoli Parmesan

### JAN 2-5

- Fish & Chips with Coleslaw & Tartar Sauce
- Chicken Cutlet with Penne Vodka & Zucchini Parmesan

### JAN 6-8

- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

### JAN 9-12

- 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 13-15

- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen and Blistered Bok Choy
- Eggplant Parmesan with Garlic Bread and Roasted Zucchini
- Bow Ties with Hot Sausage and Mustard Sauce with Broccoli Parmesan

### JAN 16-19

- Fish & Chips with Coleslaw & Tartar Sauce
- Chicken Cutlet with Penne Vodka & Zucchini Parmesan

### JAN 20-22

- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

### 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