



## INDIVIDUALLY PACKED ENTREES

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

### JUNE 27-30

- Grilled Flank w/ Chimichurri, Calabacitas, Street Corn and Cotija Cheese
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole
- Fish & Chips with Coleslaw & Tartar Sauce

### JULY 1-3

- 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 Pork Tenderloin with Chipotle Mac-n-Chese and Grilled Rapini

### JULY 4-7

- 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

### JULY 8-10

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Grilled Lemon Herb Chicken with Lentils and Sauteed 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

### JULY 11-14

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole
- BBQ Ribs with Creamed Corn and Peas & Carrots

### JULY 15-17

- 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 Pork Tenderloin with Chipotle Mac-n-Chese and Grilled Rapini

### JULY 18-21

- 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

### JULY 22-24

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Grilled Lemon Herb Chicken with Lentils and Sauteed 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

### JULY 25-28

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cauliflower Steak w/ Chimichurri, Herb Roasted Broccoli and Sweet Potato Casserole
- BBQ Ribs with Creamed Corn and Peas & Carrots

### JULY 29-31

- Miso BBQ Ribs w/ Campfire Vegetables and Salt Potatoes
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Sun-dried Tomato Chicken with Wild Rice Pilaf and Grilled Zucchini
- Penne with Fresh Mozzarella and Creminis with Roasted Brussel Sprouts