



INDIVIDUALLY PACKED ENTREES

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

MAY 29–JUNE 1

- Fish & Chips with Coleslaw & Tartar Sauce
- Mediterranean Flank Steak with Wheat Berries and Grilled Eggplant
- Penne with Pesto Cream Sauce, Meatballs and Roasted Cherry Tomatoes
- Fried Teriyaki Tofu with Grilled Parsnips & Roasted Red Pepper Spinach Saute

JUNE 2–4

- Grilled Chicken with Mac and Cheese and Baked Beans
- BBQ Ribs with Hush Puppies & Sautéed Kale
- Bow Ties with Fried Artichokes, Wine Cream Sauce, Oven Roasted Tomatoes, and Wilted Spinach
- Tofu Katsu, Orange Hoisin Glaze, Sesame Ginger Rice, and Squash Stir Fry

JUNE 5–7

- Pork Sausage Links, Biscuits and Gravy, Seared Baby Corn
- Fish & Chips with Coleslaw & Tartar Sauce
- Fried Chicken with Gravy, Roasted Garlic Whipped Potatoes, and Grilled Zucchini
- Spinach Feta Stuffed Portobello with Polenta and Garlic Roasted Carrots

JUNE 8–10

- Seared Salmon with Lemon Caper Pasta, Garlicky Greens, Sundried Tomatoes and Toasted Almonds
- Brown Sugar Soy Grilled Chicken with Wild Rice and Roasted Root Vegetables
- Short Rib Ravioli with Red Wine Demi Glaze, Roasted Zucchini and Grilled Tomato
- Cauliflower Steak with Chimichurri, Raspberry Beets and Sweet Potato Wedges

JUNE 11–15

- BBQ Pork with Cornbread and Coleslaw
- Fish & Chips with Coleslaw and Tartar Sauce
- Roasted Spaghetti Squash with Mushroom Bolognese and Garlic Mashed Potatoes
- Balsamic Grilled Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini

JUNE 16–18

- Grilled Chicken with Mac and Cheese and Baked Beans
- BBQ Ribs with Hush Puppies & Sautéed Kale
- Bow Ties with Fried Artichokes, Wine Cream Sauce, Oven Roasted Tomatoes, and Wilted Spinach
- Coconut Shrimp With Sweet Sriracha Mayo, Black Bean Salsa, and Lime Cilantro Rice

JUNE 19–20

- Stuffed Shells With House Tomato Sauce, Broccoli Parmesan, and Garlic Bread
- Fish & Chips With Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs With Roasted Beets and Garlic Rice
- Grilled Italian Sausage With Peppers, Caramelized Onions, and Mashed Potatoes