



INDIVIDUALLY PACKED ENTREES

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

MAY 5-7

- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped Feta and Fresh Herbs
- Coconut Shrimp with Sweet Sriracha Mayo, Black Bean Salsa, and Lime Cilantro Rice
- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen, and Blistered Bok Choy
- Meatloaf with Mashed Potatoes and Gravy, Onions, and Steamed Carrots

MAY 9-11

- Short Rib Ravioli with Demi Glaze, Roasted Zucchini, and Grilled Tomato
- Fish & Chips with Coleslaw & Tartar Sauce
- Roasted Spaghetti Squash with Mushroom Bolognese and Garlic Mashed Potatoes
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

MAY 12-14

- Tofu Katsu with Orange Hoizen Glaze, Sesame Ginger Rice, and Sauteed Bok Choy
- Peruvian Chicken Thighs with Chipotle Roasted Carrots, Sesame & Scallions, and Herb Roasted Potatoes
- Bow Ties with Hot Sausage and Mustard Sauce, Oven Roasted Tomatoes, and Wilted Spinach
- Lemon Basil Shrimp with Sauteed Garlic Kale and Sweet Potato Wedges

MAY 15-18

- Fish & Chips with Coleslaw & Tartar Sauce
- Grilled Ham Steak with Macaroni and Cheese and Glazed Carrots
- Cranberry Brie Stuffed Chicken with Caramelized Onion Cream Sauce, Candied Maple Sweet Potatoes, and Wilted Spinach
- Stuffed Shells with House Tomato Sauce, Broccoli Parmesan, and Garlic Bread

MAY 19-21

- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped Feta and Fresh Herbs
- Coconut Shrimp with Sweet Sriracha Mayo, Black Bean Salsa, and Lime Cilantro Rice
- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen, and Blistered Bok Choy
- Meatloaf with Mashed Potatoes and Gravy, Onions, and Steamed Carrots

MAY 22-25

- Short Rib Ravioli with Demi Glaze, Roasted Zucchini, and Grilled Tomato
- Fish & Chips with Coleslaw & Tartar Sauce
- Roasted Spaghetti Squash with Mushroom Bolognese and Garlic Mashed Potatoes
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

MAY 26-28

- Meatloaf with Mashed Potatoes and Gravy, Onions and Steamed Carrots
- Stuffed Shells with House Tomato Sauce, Broccoli Parmesan and Garlic Bread
- Peruvian Chicken Thighs, Chipotle Roasted Carrots with Sesame & Scallions and Herb Roasted Potatoes
- Spinach and Feta Stuffed Portobello Caps with Oven Roasted Tomatoes and Hot Honey Sauteed Corn

MAY 29-30

- 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