



INDIVIDUALLY PACKED ENTREES

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

NOV 4-6

- Seared Salmon with Lemon Caper Pasta, Garlicky Greens and Orange Saffron Aioli
- Eggplant Parmesan with Garlic Bread and Roasted Zucchini
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen and Blistered Bok Choy

NOV 7-10

- Fish & Chips with Coleslaw & Tartar Sauce
- Cod with Corn Relish, Dill Potatoes and Green Beans
- Chicken Cutlet with Penne Vodka & Zucchini Parmesan
- Spicy Garlic Tofu with Fried Rice & Sugar Snap Peas with Carrots

NOV 11-13

- Teriyaki Tofu with Fried Rice and Gingered Broccoli
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables
- BBQ Pork Tenderloin with Chipotle Mac-n-Chese and Grilled Rapini
- Cajun Shrimp with Barley Pilaf and Roasted Brussels Sprouts

NOV 14-16

- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Fish & Chips with Coleslaw & Tartar Sauce
- Fried Chicken with Gravy, Roasted Garlic Whipped Potatoes, and Green Bean Almondine

NOV 17-19

- Seared Salmon with Lemon Caper Pasta, Garlicky Greens and Orange Saffron Aioli
- Eggplant Parmesan with Garlic Bread and Roasted Zucchini
- BBQ Ribs with Creamed Corn and Peas & Carrots
- Fried Chicken with Sriracha Honey, Sesame Garlic Ramen and Blistered Bok Choy