



INDIVIDUALLY PACKED ENTREES

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

SEPT 30–OCT 2

- 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 Ribs with Creamed Corn and Peas & Carrots

OCT 3–6

- 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

OCT 7–9

- 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

OCT 10–13

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts

OCT 14–

- 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 Ribs with Creamed Corn and Peas & Carrots

OCT 17–20

- 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

OCT 21–23

- 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

OCT 24–27

- Fish & Chips with Coleslaw & Tartar Sauce
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin
- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts

OCT 28–30

- 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

OCT 31–NOV 3

- Prime Rib w/ Red Wine Demi, Twice Baked Potato & Roasted Brussels Sprouts
- Fish & Chips with Coleslaw & Tartar Sauce
- Grilled Italian Sausage w/ peppers, Caramelized Onions & Mashed Potatoes
- Teriyaki tofu w/ Fried Rice and Gingered Broccoli