



INDIVIDUALLY PACKED ENTREES

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

OCTOBER 7-8

- Miso BBQ Ribs w/ Campfire Vegetables and Salt Potatoes
- Peruvian Chicken Thighs, Chipotle Roasted Carrots w/ Sesame & Scallions and Cauliflower Au Gratin

OCTOBER 9-11

- Grilled Pork Chop with Mango Roasted Red Pepper Salsa, Boiled Potatoes & Corn
- Fish & Chips with Coleslaw & Tartar Sauce

OCTOBER 12-13

- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped feta and Fresh Herbs
- Lemon Basil Shrimp with Jeweled Quinoa and Honey Yogurt Sauce

OCTOBER 14-15

- Chipotle Rubbed Pork Belly w/ Hot Honey Corn and Grilled Zucchini.
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

OCTOBER 16-18

- Fish & Chips with Coleslaw & Tartar Sauce
- Stuffed Shells with House Tomato Sauce, Broccoli Parmesan and Garlic Bread

OCTOBER 19-20

- Shakshuka-Poached Egg, Tomato and Onion, Braised Chickpeas, Whipped feta and Fresh Herbs
- Lemon Basil Shrimp with Jeweled Quinoa and Honey Yogurt Sauce

OCTOBER 21-22

- Chipotle Rubbed Pork Belly w/ Hot Honey Corn and Grilled Zucchini.
- Balsamic Grilled Chicken with Parmesan Risotto & Roasted Root Vegetables

OCTOBER 23-25

- Fish & Chips with Coleslaw & Tartar Sauce
- Stuffed Shells with House Tomato Sauce, Broccoli Parmesan and Garlic Bread