



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

OCT 25-27

- Tortellini Cacciatore with Green Beans and Sun-dried Tomatoes
- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Grilled Chicken with Apples & Herbed Brie Fondue, Rice Pilaf and Glazed Carrots

OCT 27-31

- Grilled Sirloin with Roasted Garlic Jus, Parmesan Potatoes and Green Beans with Lemon and Basil
- Salmon with Tomato Vinaigrette with Herb Cous Cous & Green Beans
- Balsamic Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini
- Penne with Vodka Sauce, Meatballs and Broccoli Parmesan

NOV 1-3

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- BBQ Boneless Pork Chop with Baked Beans and Coleslaw
- Blackened Salmon with Rice Pilaf and Steamed Broccoli
- Grilled Chicken Provencal with Herbed Couscous and Green Beans

NOV 4-7

- Chicken Bruschetta with Penne and Zucchini Parmesan
- Salmon with Tomato Vinaigrette with Herb Cous Cous & Green Beans
- Roast Pork Loin with Pan Gravy, Mashed Potatoes & Carrots
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

NOV 8-10

- Ravioli and Roasted Portobello in a Roasted Red Pepper Cream Sauce with Broccoli
- Pork Tenderloin with Red Wine Demi, Portobello Risotto & Roasted Brussels Sprouts
- Blackened Salmon with Rice Pilaf and Steamed Broccoli
- Grilled Chicken Pomodoro with Portobello Risotto & Acorn Squash

NOV 11-14

- Roast Pork with Romesco Sauce, Roasted Potatoes & Summer Squash
- Salmon with Sweet Chili Glaze, Coconut Rice and Sugar Snap Peas
- Lemon Chicken Scallopini with Parmesan Risotto & Steamed Broccoli
- Penne with Pesto Cream Sauce, Oven Roasted Tomatoes & Roasted Brussel Sprouts

NOV 15-17

- Corn & Tomato Empanada with Rice, Roasted Squash, Green Beans, Pepitas and Sour Cream
- Italian Meatballs with Angel Hair Pasta and Steamed Broccoli
- Cranberry Walnut Salmon with Rice Pilaf and Glazed Carrots
- Grilled Chicken Saltimbocca with Parmesan Risotto & Roasted Zucchini

NOV 18-21

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Braised Beef with Oregano Potatoes and Grilled Zucchini with Olives
- Eggplant Parmesan w/House Tomato Sauce, Broccoli w/Roasted Garlic & Tomato Parmesan w/Angel Hair Pasta

These meals are popular and can sell out therefore this menu is subject to availability.

SAME DAY DELIVERY! • CALL (607) 273-7110 TO PLACE YOUR ORDER •