



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

APRIL 11-13

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

APRIL 14-18

- Grilled Chicken w/ Herbs, Penne, Spinach, Roasted Garlic and Tomato, Zucchini Parmesan
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Roast Pork Loin with Pan Gravy, Roasted Garlic Whipped Potatoes & Glazed Carrots
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

APRIL 18-20

- "Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots"
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Bourbon & Brown Sugar Glazed Ham, Boursin Potato Pave and Cumin & Mint Charred Carrots
- Maple Mustard Roasted Chicken, Boursin Potato Pave and Roasted Brussels Sprouts w/ Pomegranates

APRIL 21-24

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

APRIL 25-27

- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic
- Thai Meatballs with Red Curry Peanut Sauce, Lime Noodles w/ Basil & Sesame and Gingered Broccoli
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Balsamic Grilled Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini

APRIL 28-MAY 1

- Roasted Turkey with Gravy, Mashed Potatoes, Cranberry Sauce & Green Beans
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Baja Quesadilla, Green Rice w/ Oven-Dried Tomatoes and Hominy and Corn with Roasted Red Peppers and a side of Sour Cream

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 •