



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

JULY 5-7

- Ravioli and Roasted Portobello in a Roasted Red Pepper Cream Sauce with Broccoli
- Italian Meatballs with Angel Hair Pasta and Steamed Broccoli
- Blackened Salmon with Rice Pilaf and Steamed Broccoli
- Grilled Chicken Pomodoro with Portobello Risotto & Acorn

JULY 8-11

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

JULY 12-14

- 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

JULY 15-18

- Grilled Chicken with Mac and Cheese and Baked Beans
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Braised Beef with Oregano Potatoes and Grilled Zucchini with Olives
- Eggplant Parmesan with House Tomato Sauce, Broccoli with Roasted Garlic & Roasted Tomato with Parmesan

JULY 19-21

- 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 Plum Chutney, Roasted Potatoes & Whipped Squash

JULY 22-25

- 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
- Macaroni & Cheese with Sweet Peas

JULY 26-28

- Teriyaki Chicken with Fresh Noodles, Cashews and Ginger Green Beans
- Grilled Flank Steak with Roasted Potatoes and Corn with Roasted Red Peppers
- Mahi Mahi Kebabs with Lime Dressing, Rice Pilaf & Asparagus
- Grilled Chicken with Roasted Red Pepper Salsa and Pesto Macaroni Salad

JULY 29-AUGUST 2

- BBQ Flank Steak with Roasted Potatoes and Baked Beans
- 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

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 •