



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

JUNE 9-12

- Hawaiian BBQ Pulled Pork with Corn Bread and Asian Vegetable Stir Fry
- Teriyaki Glazed Salmon, Coconut Rice and Sugar Snap Peas with Cashews
- Pan Fried Chicken with Lemon and Capers, Parmesan Risotto & Broccoli with Fresh Parmesan
- Orichette with Sun Dried Tomatoes, Asparagus, roasted garlic, Peas

JUNE 13-15

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- BBQ Chicken Legs, Salt Potatoes, Grilled Asparagus
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

JUNE 16-19

- Chicken & Snap Pea Rotini Pasta with Creamy Garlic Herb Sauce
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Pork Snitzel with Herb Spatzel, Peas, and Braised Red Cabbage
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

JUNE 20-22

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Dry Rubbed Pork Chop w/ Peach Relish. Grilled Brocolini, & Roasted Fingerling Potatoes
- Grilled Italian Sausage with Peppers, Caramelized Onions and Mashed Potatoes

JUNE 23-26

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Fried Chicken w/ Red eye Gravy, Garlic Mashed Potatoes, & Green Bean almondine
- Eggplant Parmesan, Angel Hair Pasta w/House Tomato Sauce and Broccoli w/ Roasted Garlic

JUNE 27-29

- 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
- Beef & Broccoli Stir fry w/ onions and Peppers

JUNE 30-JULY 3

- Roasted Turkey with Gravy, Mashed Potatoes, Cranberry Sauce & Green Beans
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- BBQ Ribs with Creamed Corn and Peas & Carrots
- 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 •