



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

MAY 3-5

- Penne with Pesto Cream Sauce, Oven Roasted Tomatoes & Shaved Brussels Sprouts
- Beef Stroganoff with Raspberry Carrots
- Salmon with Sweet Chili Glaze, Coconut Rice and Snow Peas
- Thai Chicken with Fried Rice & Snow Peas

MAY 6-9

- Chicken and Biscuits with Mixed Vegetables
- Teriyaki Salmon with Peanut Noodles and Snow Peas
- Grilled Flank Steak with Roasted Potatoes and Corn with Roasted Red Peppers
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan"

MAY 10-12

- 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

MAY 13-16

- 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 & Shaved Brussels Sprouts

MAY 17-19

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

MAY 20-23

- Grilled Chicken with Mac and Cheese and Baked Beans
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Bow Ties with Hot Sausage and Mustard Sauce with Broccoli Parmesan
- Vegetable Potstickers with Sesame Ginger Sauce, Fried Rice and Asian Vegetable Stir Fry

MAY 24-26

- 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

MAY 27-30

- Saurbraten with Egg Noodles and Raspberry Carrots
- 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

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 •