



INDIVIDUALLY PACKED ENTREES

Available in the Grab 'N Go case at all Ithaca Bakery and Collegetown Bagels locations
TAKEOUT • DELIVERY • CURBSIDE PICKUP

UPCOMING ENTREES

NOVEMBER 2-4

- Tortellini Cacciatore with Green Beans and Sun-dried Tomatoes
- Penne with Vodka Sauce, Meatballs and Broccoli Parmesan
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Grilled Chicken with Plum Chutney, Roasted Potatoes & Whipped Squash

NOVEMBER 5-8

- Maple Glazed Pork Chop with Grit Cakes and Cider Carrots with Pumpkin Seeds
- Salmon with Tomato Vinaigrette with Herb Couscous & Green Beans
- Balsamic Chicken with Tortellini & Sun-dried Tomato and Roasted Zucchini
- Macaroni & Cheese with Cider Glazed Carrots

NOVEMBER 9-11

- Chicken Cutlet with Penne Vodka & Zucchini Parmesan
- Rosemary Pork Chop with Roasted Garlic Jus, Roasted Potatoes, Beets, Carrots & Chick Peas
- Blackened Salmon with Rice Pilaf and Steamed Broccoli
- Coconut Vegetable Curry with Almond Rice Pilaf & Skillet Greens

NOVEMBER 12-15

- Vegetable Pot Stickers with Sesame Ginger Sauce, Fried Rice and Asian Vegetable Stir Fry
- Thai Meatballs with Red Curry Peanut Sauce, Lime Noodles & Ginger Broccoli
- Chicken Bruschetta with Penne and Zucchini Parmesan
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan

NOVEMBER 16-18

- Refried Bean Quesadilla with Green Rice, Corn with Roasted Red Peppers and Sour Cream
- Blackened Salmon with Rice Pilaf and Steamed Broccoli
- Chicken Tenderloin with Penne Alfredo & Steamed Broccoli
- Penne with Pesto Cream Sauce, Meatballs and Broccoli Parmesan

NOVEMBER 19-22

- Chicken and Biscuits with Mixed Vegetables
- Deconstructed Salmon En Croute with Rice Pilaf and Corn
- Spicy Garlic Tofu with Fried Rice & Snow Peas
- Meatloaf with Mashed Potatoes and Gravy, Fried Onions and Steamed Carrots

NOVEMBER 23-25

- Vegetable Pot Stickers with Sesame Ginger Sauce, Fried Rice and Asian Vegetable Stir Fry
- Salmon with Sweet Chili Glaze, Coconut Rice and Snow Peas
- Beef & Cheese Burrito with Red Rice, Corn & Roasted Red Peppers
- Chicken Parmesan with Angel Hair Pasta and Broccoli

NOVEMBER 26-29

- Ravioli and Roasted Portobello in a Roasted Red Pepper Cream Sauce with Broccoli
- Teriyaki Salmon with Peanut Noodles and Snow Peas
- Lemon Chicken Scallopini with Parmesan Risotto & Steamed Broccoli
- Roast Pork Loin with Pan Gravy, Mashed Potatoes & Carrots

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 •