



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

OCTOBER 12-14

- Spicy Garlic Tofu with Fried Rice & Snow Peas
- Penne with Vodka Sauce, Meatballs and Broccoli Parmesan
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Grilled Chicken Pomodoro with Portobello Risotto & Acorn Squash

OCTOBER 15-18

- Chicken and Bisquits with Mixed Vegetables
- Teriyaki Salmon with Peanut Noodles and Snowpeas
- Grilled Flank Steak with Roasted Potatoes and Corn with Roasted Red Peppers
- Teriyaki Tofu with Fried Rice and Gingered Broccoli

OCTOBER 19-21

- Penne with Pesto Cream Sauce, Oven Roasted Tomatoes & Shaved Brussels Sprouts
- Beef Stroganoff with Raspberry Carrots
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Sesame Orange Glazed Chicken with Sweet Potato & Kimchi Casserole, and Ginger Green Beans

OCTOBER 22-25

- Roast Pork with Romesco Sauce, Roasted Potatoes & Summer Squash
- Salmon with Sweet Chili Glaze, Coconut Rice and Snowpeas
- Lemon Chicken Scallopini with Parmesan Risotto & Steamed Broccoli
- Grilled Sirloin with Roasted Garlic Jus, Parmesan Potatoes and Green Beans with Lemon and Basil

OCTOBER 26-28

- 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 and Roasted Zucchini

OCTOBER 29-NOVEMBER 1

- Grilled Chicken with Jalapeno 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

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 •