



## INDIVIDUALLY PACKED ENTREES

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

### UPCOMING ENTREES

#### SEPTEMBER 3-6

- Chicken Parmesan with Angel Hair Pasta and Broccoli
- Spring Rolls with Sweet Chili Sauce, Daikon, Beet & Carrot Stir Fry
- Salmon with Sweet Chili Glaze, Coconut Rice and Snow Peas
- BBQ Beef with Cornbread & Coleslaw

#### SEPTEMBER 7-9

- Spicy Garlic Tofu with Fried Rice & Snow Peas
- Hawaiian BBQ Pulled Pork with Cornbread & Asian Vegetable Stir Fry
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Grilled Chicken with Apples & Herbed Brie Fondue, Rice Pilaf and Glazed Carrots

#### SEPTEMBER 10-13

- Chicken and Biscuits with Mixed Vegetables
- Deconstructed Salmon en Croute with Rice Pilaf and Corn
- Grilled Italian Sausage with Peppers, Caramelized Onions and Mashed Potatoes
- Penne with Pesto Cream Sauce, Oven Roasted Tomatoes & Shaved Brussels Sprouts

#### SEPTEMBER 14-16

- Ravioli and Roasted Portobello in a Roasted Red Pepper Cream Sauce with Broccoli
- Thai Meatballs with Red Curry Peanut Sauce, Lime Noodles & Ginger Broccoli
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Thai Chicken with Fried Rice & Snow Peas

#### SEPTEMBER 17-20

- Panang Curry Tofu with Coconut Cilantro Rice & Snow Peas
- Teriyaki Salmon with Peanut Noodles and Snow Peas
- Grilled Chicken Cordon Bleu with Roasted Potatoes and Frenched Green Beans
- BBQ Beef with Cornbread & Coleslaw

#### SEPTEMBER 21-23

- Teriyaki Tofu with Fried Rice and Gingered 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 Squash

#### SEPTEMBER 24-27

- Grilled Chicken with Jalapeno Mac & Cheese and Baked Beans
- Salmon with Sweet Chili Glaze, Coconut Rice and Snow Peas
- Bowties with Hot Sausage and Mustard Sauce with Broccoli Parmesan
- Vegetable Potstickers with Sesame Ginger Sauce, Fried Rice and Asian Vegetable Stir Fry

#### SEPTEMBER 28-30

- Tortellini Cacciatore with Green Beans and Sun-dried Tomatoes
- Grilled Sirloin with Roasted Garlic Jus, Parmesan Potatoes and Green Beans with Lemon & Basil
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Grilled Chicken with Plum Chutney, Roasted Potatoes & Whipped Squash

**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 •**