



INDIVIDUALLY PACKED ENTREES

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

UPCOMING ENTREES

SEPT 9-12

- Chicken Bruschetta with Penne and Zucchini Parmesan
- Teriyaki Salmon with Peanut Noodles and Sugar Snap Peas
- Grilled Italian Sausage with Peppers, Caramelized Onions and Mashed Potatoes
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

SEPT 13-15

- 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 Squash

SEPT 16-19

- Roast Pork with Romesco Sauce, Roasted Potatoes & Summer Squash
- Salmon with Sweet Chili Glaze, Coconut Rice and Sugar Snap Peas
- Lemon Chicken Scallopini with Parmesan Risotto & Steamed Broccoli
- Penne with Pesto Cream Sauce, Oven Roasted Tomatoes & Roasted Brussel Sprouts

SEPT 20-22

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

SEPT 23-26

- Grilled Chicken with Mac and Cheese and Baked Beans
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Braised Beef with Oregano Potatoes and Grilled Zucchini with Olives
- Eggplant Parmesan w/House Tomato Sauce, Broccoli w/Roasted Garlic & Tomato Parmesan w/Angel Hair Pasta

SEPT 27-29

- 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

SEPT 30-OCT 3

- Grilled Sirloin with Roasted Garlic Jus, Parmesan Potatoes and Green Beans with Lemon and Basil
- 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 •