



## INDIVIDUALLY PACKED ENTREES

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

### UPCOMING ENTREES

#### MAR 7-9

- Coconut Vegetable Curry with Almond rice Pilaf & Skillet Greens
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chicken Puttanesca with Herbed Couscous and Green Beans with Pine nuts

#### MAR 10-13

- Grilled Chicken w/ Herbs, Penne, Spinach, Roasted Garlic and Tomato, Zucchini Parmesan
- Pan Seared Salmon w/ Dill & Horseradish Butter with Herb Cous Cous & Green Beans with Mushrooms
- Roast Pork Loin with Pan Gravy, Roasted Garlic Whipped Potatoes & Glazed Carrots
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan

#### MAR 14-16

- Panang Curry Tofu with Coconut Cilantro Rice, Sugar Snap Peas and Carrots
- Italian Meatballs with Angel Hair Pasta and Broccoli with Fresh Parmesan
- Cranberry Walnut Salmon with Rice Pilaf and Glazed Carrots
- Pan Fried Chicken with Lemon and Capers, Parmesan Risotto & Broccoli with Fresh Parmesan

#### MAR 17-20

- Grilled Chicken Florentine with Rice Pilaf & Broccoli
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Grilled Steak w/ Herb Roasted Potatoes and Grilled Zucchini with Olives & Mint
- Eggplant Parmesan, Angel Hair Pasta w/House Tomato Sauce and Broccoli w/ Roasted Garlic

#### MAR 21-23

- Tortellini Cacciatore and Green Beans with Sun-dried Tomatoes Roasted Garlic
- Thai Meatballs with Red Curry Peanut Sauce, Lime Noodles w/ Basil & Sesame and Gingered Broccoli
- Pesto Grilled Salmon with Rice Pilaf and Roasted Zucchini Parmesan
- Balsamic Grilled Chicken with Tortellini & Sun Dried Tomato and Roasted Zucchini

#### MAR 24-27

- Roasted Turkey with Gravy, Mashed Potatoes, Cranberry Sauce & Green Beans
- Blackened Salmon with Rice Pilaf and Steamed Broccoli w/ Spicy Orange Glaze
- Chipotle Rubbed Pork Loin w/ Sweet Corn Cream, Baked Beans and Coleslaw
- Baja Quesadilla, Green Rice w/ Oven-Dried Tomatoes and Hominy and Corn with Roasted Red Peppers and a side of Sour Cream

#### MAR 28-30

- Cheese Ravioli with SDT, Roasted Portobello and Pesto with Broccoli with Fresh Parmesan
- Bourbon & Brown Sugar Glazed Ham, Boursin Potato Pave and Cumin & Mint Charred Carrots
- Grilled Salmon with Balsamic Glaze and Tuscan Bean Ragout
- Slow Roasted Brisket w/ Herb Gremolata, Boursin Potato Pave and Cumin & Mint Charred Carrots

#### MAR 31-APR 3

- Maple Mustard Roasted Chicken, Boursin Potato Pave and Roasted Brussels Sprouts w/ Pomegranates
- Shrimp, Chicken & Okra Saute with Jasmine Rice & Braised Collard Greens
- Whole Wheat Penne with Vodka Sauce, Grilled Tomatoes & Zucchini Parmesan"
- Cranberry Walnut Salmon with Rice Pilaf and Glazed 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 •**