

# CELEBRATE THE HARVEST WITH SEWARD-MADE

Whether you are looking for additions to your home-cooked meal or for someone else to do all the cooking, Seward Co-op has a number of options available in our Deli and hot bar.

## ROAST TURKEY BREAST **MWOG**

100% whole-muscle turkey breast, traditionally seasoned with sage and rosemary, from Ferndale Farms, located in Cannon Falls, Minn.

## LENTIL & SWEET POTATO SHEPARD'S PIE **VEGAN**

A vegan version of this entrée pie, a filling of sewasoned mushrooms, green lentils and vegetables, topped with savory mashed sweet potatoes. Baked to perfection with Autumn spices, thyme, sage, paprika, black pepper and tumeric.

## GARLIC BUTTER MASHED POTATOES **MWOG**

Traditional-style rich and creamy russet mashed potatoes, with roasted garlic, whole milk from Hastings Co-op and Hope Creamery butter.

## GARLIC MASHED POTATOES **VEGAN, MWOG**

Our vegan prepared mashed potatoes, seasoned with plenty of roasted garlic, Earth Balance butter, soy milk, sea salt and black pepper.

## CORNBREAD STUFFING **VEGAN**

Our vegan prepared stuffing, made with our own in-house vegan cornbread, fall harvest vegetables, garlic, sage and rosemary.

## HORSERADISH BRUSSELS SPROUTS

**VEGAN, MWOG**

Roasted Brussels sprouts lightly flavored with prepared horseradish and onions, all roasted in extra virgin olive oil.

## MAPLE GLAZED SWEET POTATOES

**VEGAN, MWOG**

## POULTRY GRAVY

Made from 100% Kadejan chicken bones, our poultry gravy is prepared with traditional herbs and seasonings, along with a bit of Hope Creamery butter.

## MUSHROOM GRAVY **VEGAN**

Our vegan prepared gravy, with our house-made vegetable stock as a base, cooked down with mushrooms, vegetables and traditional seasonings.

## SWEET POTATO ROLLS **VEGAN**

*product availability may vary*