



**Seward**  
COMMUNITY CO-OP

# HARVEST CATERING

## Simple For You. Special For Them.

Seward Co-op crafts traditional, vegetarian, vegan, and made without gluten options perfect for everyone at your holiday gathering. Our ingredients are sourced from local Community Foods producers and farmers whenever possible, so you can feel good about what you're serving your family and guests.

### SEWARD-MADE SPREAD

Order a traditional or vegan family dinner with all the trimmings.  
Heating instructions included.

**Pre-order Nov. 1–20** at either Seward Co-op store  
or online at [seward.coop](http://seward.coop) for **pickup on Nov. 26–27.**



### TRADITIONAL FAMILY DINNER // \$250

Serves 6–8

**Roast Turkey Breast (MWOOG).....6 lb.**

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

**Garlic Butter Mashed Potatoes (MWOOG).....2 lb.**

Traditional-style rich & creamy mashed potatoes, with whole milk and roasted garlic.

**Cornbread Stuffing (V).....2 lb.**

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

**Horseradish Brussels Sprouts (V, MWOOG) .....2 lb.**

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

**Cranberry Sauce (V, MWOOG) .....1 Pint**

Stewed cranberries featuring orange and agave, a simple accompaniment to your meal.

**Poultry Gravy .....1 Quart**

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

**Sweet Potato Rolls (V) .....18 Count**

Lightly flavored vegan sweet potato rolls are made fresh at the Seward Co-op Bakery.



### VEGAN FAMILY DINNER // \$135

Serves 3–6

**Lentil & Sweet Potato Shepard's Pie (V) .....2 lb.**

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

**Garlic Mashed Potatoes (V, MWOOG).....2 lb.**

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

**Cornbread Stuffing (V).....2 lb.**

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

**Mushroom Gravy (V).....1 Quart**

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

**Horseradish Brussels Sprouts (V, MWOOG) .....2 lb.**

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

**Cranberry Sauce (V, MWOOG) .....1 Pint**

Stewed cranberries featuring orange and agave, a simple accompaniment to your meal.

**Sweet Potato Rolls (V) .....9 Count**

Lightly flavored vegan sweet potato rolls are made fresh at the Seward Co-op Bakery.

V=Vegan | MWOOG=Made without gluten



### MEET THE COMMUNITY FOODS PRODUCERS BEHIND YOUR FEAST:

Ferndale turkey (Cannon Falls, Minn.), Kadejan chicken (Glenwood, Minn.), local and sustainably grown produce from **Co-op Partners Warehouse** (St. Paul, Minn.), rolls and prep by **Seward Co-op Deli & Bakery** (Minneapolis, Minn.)



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### À LA CARTE

Sides and whole pies are available to purchase separately or in addition to our Seward-made complete dinner options.

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#### TRADITIONAL TRIMMINGS

Order one or customize a whole meal.

Garlic Mashed Potatoes (V, MWO) 2 lb. ....	\$19.99
Garlic Butter Mashed Potatoes (MWO) 2 lb. ....	\$19.99
Poultry Gravy Quart .....	\$9.99
Mushroom Gravy (V) Quart .....	\$9.99
Cornbread Stuffing (V) 2 lb.....	\$24.99
Horseradish Brussels Sprouts (V, MWO) 2 lb. ....	\$29.99
Roast Turkey 2 lb. (MWO) .....	\$44.99
Cranberry Sauce (V, MWO) Pint .....	\$19.99
Macaroni & Cheese 2 lb. ....	\$19.99
Maple-Glazed Sweet Potatoes (V, MWO) 2 lb. ...	\$24.99
Sweet Potato Rolls (V) 9 ea. ....	\$6.99
Lentil & Sweet Potato Shepard's Pie (V) 2 lb. ....	\$24.99



#### WHOLE PIES

Traditional favorites with flaky, hand-rolled crusts made with care by Seward Co-op staff.

Pumpkin (VR) .....	\$24.99
Sweet Potato .....	\$24.99
Pecan .....	\$29.99
Apple (VR) .....	\$24.99
Cherry .....	\$24.99
French Silk .....	\$26.99
Key Lime .....	\$27.99

V=Vegan | VR=Vegan option available upon request | MWO=Made without gluten



#### Choosing Seward Co-op Means Choosing Local

Our catering menu features ingredients that are local, organic, and sustainably sourced whenever possible. Some even satisfy the Community Foods criteria of small, local, cooperative, inclusive, and/or sustainable, and it's all made locally, from scratch, by staff at the Seward Co-op.

