

Seward Co-op Grocery & Deli

Hot Bar Menu for February 2012

2823 East Franklin Avenue ~ Minneapolis, Minnesota 55406
612-338-2465 ~ www.seward.coop

			East Asia	Southern & Soul Food	India & Africa	Brunch Favorites	
			Wednesday	Thursday	Friday	Saturday	
			1	2	3	4	
			Red Curry Winter Squash Lemongrass Roasted Chicken Green Curry Roast Vegetables Vegetarian Pad Thai Thai Coconut Rice Sesame Roasted Yams	Mustard Roast Pork Maple Glazed Chicken Macaroni & Cheese Red Beans & Rice Carolina Greens Chicken Jambalaya Creole Roasted Yams Maple Glazed Tofu Vegetable Barley Soup	Chicken Tikka Masala Coconut Curry - Roasted Chicken Vegetable Korma Ethiopian Cabbage & Carrots Jeera Rice Red Curry Roast Vegetables	Denver Ham Frittata Vegetable Scramble Mediterranean Frittata Breakfast Quesadillas Huevos Rancheros Baked French Toast Biscuits & Gravy & Sausage Black Bean Feta Potato Cakes Chicken Wild Rice Soup	
			White Miso Soba Noodle Soup	8	9	10	11
				Teriyaki Chicken Kung Pao Chicken Stir-fry 5-Spice Roasted Potatoes Tofu Pepper Stir-fry Fried Rice Sweet Potato Cakes	Mustard Roast Pork Cajun Chicken Macaroni & Cheese Cajun Dirty Rice Barbecue Tofu Ratatouille Garlic Mashed Pot. & Gravy Southern Style Greens Ye Olde Chicken Noodle Soup	Tandoori Chicken Chicken Choyla Jeera Rice Coconut Vegetable Curry Moong Dal Samosa Cakes	Bacon Cheddar Leek Frittata Biscuits & Gravy w/ Sausage Vegetable Stratta Milano Breakfast Quesadillas Vegetable Scramble Baked French Toast Fruit Crisp- Apple Cinnamon Cheddar Scramble Cincinnati Beef Chili
			5	6	7	8	9
			Denver Ham Frittata Vegetable Scramble Roast Vegetable Provencal Frittata Breakfast Quesadillas Huevos Rancheros Baked French Toast Biscuits & Gravy & Sausage Black Bean Feta Potato Cakes Mushroom Barley Soup	Chipotle Chicken Tinga Arroz con Pollo Butternut Squash Enchilada Chicken Mole Enchilada Bake Latin Roasted Potatoes Chipotle Roasted Vegetables Sweet Potato Corn Chowder	4- Cheese Vegetarian Lasagna Winter Roasted Vegetables Garlic Pepper Chicken Eggplant Parmesan Smoked Trout Wild Rice Cakes Rosemary Lentil Pilaf Borscht Soup	Vietnamese Turkey Noodle Soup	
			12	13	14	15	16
			Bacon Cheddar Leek Frittata Biscuits & Gravy w/ Sausage Vegetable Stratta Milano Breakfast Quesadillas Vegetable Scramble Baked French Toast Fruit Crisp- Apple Cinnamon Cheddar Scramble Bolivian Spicy Lentil Soup	Jerked Chicken Vegetable Mole Enchilada Bake Coconut Apple Rice Chicken Sour Cream Enchilada Bake Garlic Mustard Roast Vegetables Cuban Roast Pork Black Bean & Chicken Soup	Butternut Squash Lasagna Basil Baked Chicken Balsamic Roasted Beets Smoked Salmon Cavatappi Pasta Toasted Barley Portabella Pilaf Catalan Roast Vegetables Minestrone Soup	Thai Chicken Green Curry Tofu Stir-Fry Sweet Potato Cakes Chicken Pad Thai Red Curry Roast Vegetables Spicy Thai Rice w/ Basil Spicy Chicken Green Curry Soup	
			19	20	21	22	23
			Bacon Stratta Milano Biscuits & Gravy w/ Sausage Butternut Squash Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Sweet Potato Cakes Potatoes O'Brien Cosmic Lentil Soup	Mango Chicken Chicken in Green Pipian Sauce Cilantro Lime Rice Creole Roasted Yams Black Bean Quinoa Cakes SW Vegetarian Enchilada Bake Colombian Bean & Rice Soup	Rosemary Garlic Chicken Smoked Salmon Potato Cakes Herbed Honey Butter Squash 4- Cheese Vegetarian Lasagna Leek Roast Carrots & Tempeh Balsamic Roasted Root Veg. Farinata Soup	Sweet & Sour Chicken Sweet Potato Cakes Garlic Basil Chicken Stir-fry Sesame Roasted Potatoes Eggplant Pepper Stir-fry Fried Rice Vietnamese Turkey Noodle Soup	
			26	27	28	29	30
			Denver Ham Frittata Vegetable Scramble Mediterranean Frittata Breakfast Quesadillas Cheesy Potatoes Baked French Toast Biscuits & Gravy & Sausage Fruit Crisp- Apple Cinnamon Cream Broccoli Cheese Soup	Chicken Verde Enchilada Bake Enchiladas de Papas Adobo Vegetable Rice Catalan Roasted Vegetables Pineapple Chicken Home-Baked Fries Quinoa Vegetable Soup	Shepherds Pie Garlic Mustard Roast Vegetables Braised Red Cabbage/ Apples Red Chicken Butternut Squash Lasagna Thyme Roasted Beets Creamy Potato Leek Swiss Soup	Red Curry Winter Squash Lemongrass Roasted Chicken Green Curry Roast Vegetables Vegetarian Pad Thai Thai Coconut Rice Sesame Roasted Yams White Miso Soba Noodle Soup	

For your winter holiday events check out our Bakery Counter, Grab-and-Go, and Catering Menu.

Serve our pot pies and pasties, sandwich, cheese, & salad platters; wings & meatballs; pizza; and baked goods.
Everything made right here in our Deli.