

UMASS FRESH 2024: THANKSGIVING MADE EASY



UMass Fresh®

Misty Knoll Vermont Roasted Turkey

<

INGREDIENTS: MISTY KNOLL Roasted Turkey, Kosher Salt, Ground Black Pepper

Turkey Gravy

<

INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or less of Corn and/or Canola Oil, Natural Flavors), Canola Oil, All Purpose Flour (GOLD MEDAL: Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Gluten Free Turkey Gravy

<

INGREDIENTS: Water, Gluten Free Chicken Stock (Chicken Stock, Chicken Fat, Maltodextrin, Modified Cornstarch, Salt, Sugar, 2% or Less of Corn Oil, Flavor), Canola Oil, Corn Starch, Turkey Base (MINORS: Turkey and Natural Turkey Juices, Salt, Maltodextrin, Sugar, Hydrolyzed Soy and Corn Protein, Natural Flavors, Vegetable Oil (Corn and/or Canola Oil), Autolyzed Yeast Extract, 2% or less of Potato Starch, Disodium Inosinate, Caramel Color, Disodium Guanylate, Dried Turkey Broth, Lactic Acid), Browning Seasoning Sauce (Caramel, Vegetable Base (Water, Carrots, Onions, Celery, Parsnips, Turnips, Salt, Parsley, Spices), Sodium Benzoate, Sulfiting Agents), Local Unsalted Butter (Cream (Milk), Natural Flavoring), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Soy, Corn

Cinnamon Orange Cranberry Sauce

</

34

INGREDIENTS: Fresh Cranberries, Granulated Sugar, Orange Juice (Orange Juice from Concentrate (Filtered Water, Concentrated Orange Juice), Ascorbic Acid (Vitamin C), Natural Flavors), Water, Corn Starch, Cinnamon Sticks

ALLERGENS: Corn

Cinnamon Maple Mashed Sweet Potatoes

124

INGREDIENTS: Diced Local Sweet Potatoes, Local Unsalted Butter (Cream, Natural Flavoring), Local Pure Maple Syrup, Heavy Cream, Kosher Salt, Ground Cinnamon

ALLERGENS: Milk

Brussels Sprouts with Garlic Confit

68

INGREDIENTS: Fresh Brussels Sprouts, Extra Virgin Olive Oil, Garlic Cloves, Kosher Salt, Ground Black Pepper

Local Chive Mashed Potato

1 servings per container
Serving Size
3 oz

Calories 100
per serving

Amount/serving	% Daily Value*
Total Fat 4.2g	5%
Saturated Fat 2.7g	
<i>Trans</i> Fat 0g	
Cholesterol 12mg	
Sodium 65.1mg	3%

Amount/serving	% Daily Value*
Total Carb. 13.2g	10%
Dietary Fiber 0g	0%
Total Sugars 0.3g	
Includes 0g Added Sugars	
Protein 1.7g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Local Yukon Gold Potatoes, Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), Local Unsalted Butter (Cream, Natural Flavoring), Fresh Chives, Kosher Salt, Garlic Powder

ALLERGENS: Milk

Herbed Bread Dressing

Nutrition Facts

1 servings per container
Serving Size
3 oz

Calories 134
per serving

Amount/serving	% Daily Value*
Total Fat 3.9g	5%
Saturated Fat 1.8g	
<i>Trans</i> Fat 0g	
Cholesterol 7.9mg	
Sodium 458.7mg	20%

Amount/serving	% Daily Value*
Total Carb. 21.6g	17%
Dietary Fiber 1.1g	3%
Total Sugars 2g	
Includes 0g Added Sugars	
Protein 2.1g	

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: Water, Pepperidge Farms Herb Stuffing (Enriched Wheat Flour [Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Whole Wheat Flour, Salt, Sugar, Yeast, Contains 2% or less of: Vegetable Oils [Canola and/or Sunflower and/or Palm], Molasses, Spices, Celery, Onion Powder, Calcium Propionate, Malted Barley Flour, Rosemary Extract and Ascorbic Acid, Soy Lecithin), Local Yellow Onions, Fresh Celery, Local Unsalted Butter (Cream and Natural Flavoring), Herb Blend (Italian Parsley, Fresh Chives, Fresh Thyme), Chicken Base (MINORS: Chicken Meat, Salt, Chicken Broth, Chicken Fat, Sugar, Canola Oil, Corn Starch, 2% or less of Natural Flavors, Potato Starch, Turmeric), Kosher Salt, Ground Black Pepper

ALLERGENS: Milk, Gluten, Soy, Corn, Wheat

Butternut Squash Lasagna w/Sage Cream

<

INGREDIENTS: Diced Local Butternut Squash, Lasagna Noodles (Enriched Wheat Flour (Durum Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Water, Whole Eggs), Half & Half (Milk, Cream, Disodium Phosphate, Sodium Citrate), CABOT Cheddar Cheese (Pasteurized Milk, Cheese Culture, Salt, Microbial Enzymes. Potato Starch, Corn Starch, Calcium Sulfate), All Purpose Flour (GOLD MEDAL: Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Local Unsalted Butter (Cream and Natural Flavoring), Local Yellow Onions, Canola Oil, Canola Oil, Fresh Sage, Granulated Sugar, Kosher Salt, Garlic Cloves, Kosher Salt

ALLERGENS: Milk, Eggs, Gluten, Corn, Wheat

Pumpkin Pie Slice (10 portions/pie)

INGREDIENTS: Canned Pumpkin (100% Pure Pumpkin), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Evaporated Milk (Milk, Dipotassium Phosphate, Carrageenan, Vitamin D3), Granulated Sugar, Fresh Cage Free Eggs, Heavy Cream (Cream, Carrageenan, Mono and Diglycerides, Polysorbate 80), Local Whole Milk, Golden Brown Sugar, Salt (Salt, Sodium Silicoaluminate, Sodium Thiosulfate, Potassium Iodide), Ground Cinnamon, Ground Ginger (Ginger, Sulfur Dioxide), Ground Cloves

ALLERGENS: Milk, Eggs, Gluten, Soy, Corn, Wheat

Pecan Pie (10 portions/pie)

<

458

INGREDIENTS: Light Corn Syrup (Corn Syrup, High Fructose Corn Syrup, Water, Salt, Natural and Artificial Vanilla Flavor), Pie Shells (Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Interesterified Soybean Oil, Water, Hydrogenated Cottonseed Oil, High Fructose Corn Syrup, Salt), Pecan Halves, Fresh Cage Free Eggs, Granulated Sugar, Golden Brown Sugar, Local Unsalted Butter (Cream and Natural Flavoring)

ALLERGENS: Milk, Eggs, Tree Nuts, Gluten, Soy, Corn, Wheat

Cranberry Grain Bread (10 slices/loaf)

<

156

INGREDIENTS: High Gluten Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Dried Craisins (Cranberries, Sugar, Refined Sunflower Oil), Whole Grain Blend (Sunflower Seeds, Pumpkin Seeds, Flaxseed, Whole Grain Rye Kernals, Wheat Berries, Malted Wheat Flakes, Millet, Pearled Barley, Corn Grits, Cracked Buckwheat, Salt), Sponge Starter (Full Strength Bread Flour (Bleached Wheat Flour, Malted Barley Flour, Niacin, Iron, Potassium Bromate, Thiamin Mononitrate, Riboflavin, Folic Acid), Water, Active Dry Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)), Cracked Wheat Base (Milled Wheat), White Whole Wheat Flour, Country French Base (Wheat Sour Dough [Wheat Flour naturally soured with sour dough bacteria], Salt, Rye Flour, Wheat Gluten, Malted Barley Flour, Sunflower Lecithin, Ascorbic Acid, Enzymes), Granulated Sugar, Local Honey, Yellow Cornmeal, Orange Zest (Chopped Orange Peels, Cane Sugar, Natural Orange Flavor), Yeast (Yeast, Sorbitan Monostearate, Ascorbic Acid)

ALLERGENS: Gluten, Corn, Wheat

2024 UMass Fresh Thanksgiving Dinner Allergen List

Item	Milk	Egg	Gluten/ Wheat	Soy	Corn	Peanut	Tree Nuts	Fish/ Shellfish	Sesame
Roasted Turkey									
Turkey Gravy	X		X	X	X				
GF Turkey Gravy	X			X	X				
Cinnamon Orange Cranberry Sauce					X				
Chive Mashed Potatoes	X								
Herbed Bread Dressing	X		X	X	X				
Cinnamon Maple Sweet Potatoes	X								
Brussels Sprouts w/Garlic Confit									
Butternut Squash Lasagna	X	X	X		X				
Pumpkin Pie	X	X	X	X	X				
Pecan Pie	X	X	X	X	X		X		
Cranberry Grain Bread			X		X				

*X indicates allergen is present in product