DELI DEPARTMENT

2026 HOLIDAY MEAL COMPONENT HEATING INSTRUCTIONS

MARY'S FULLY COOKED ALL NATURAL NAE WHOLE TURKEY

THAWING INSTRUCTIONS: Leave turkey in original bag. We recommend thawing our turkey in the refrigerator. Place turkey in a pan on the bottom rack in your refrigerator and thaw for 2-3 days or until thawed (approx. 4 hours per pound).

QUICK THAW: To quick thaw your turkey, submerge in cold water in its original packaging breast-side down. Make sure the bag is not punctured. Change the cold water every 30 minutes. Allow approximately 30 minutes per pound using this method.

To Serve Cold: This turkey is fully cooked and delicious served cold.

To Serve Hot

1. Preheat oven to 325°F.
2. Remove plastic bag. Plastic leg band can be left in place during heating.
3. Place turkey in roasting pan and add 1 cup of water to bottom of pan.
4. Cover turkey loosely with foil.

- Following the guide below, cook to an internal temperature of 165°F when probed in the thickest part of the breast.
  8 lbs. – 12 lbs.: 2 hours
  12 lbs. – 16 lbs.: 2 – 2 ½ hours
  16 lbs. – 18 lbs.: 2 ½ - 3 hours

5. Remove foil from top of turkey last 12 minutes to brown.
6. Let turkey set for 10 minutes before carving.

To reheat turkey to 140°F, use the following chart as guideline:

LBS Cooking Time
8-12 1 ½ - 2 hours
12-16 2 - 2 ½ hours
16-18 2 ½ - 3 hour

MARY'S FULLY COOKED ALL NATURAL NAE WHOLE ORGANIC TURKEY

THAWING INSTRUCTIONS: Leave turkey in original bag. We recommend thawing our turkey in the refrigerator. Place turkey in a pan on the bottom rack in your refrigerator and thaw for 2-3 days or until thawed (approx. 4 hours per pound).

QUICK THAW: To quick thaw your turkey, submerge in cold water in its original packaging breast-side down. Make sure the bag is not punctured. Change the cold water every 30 minutes. Allow approximately 30 minutes per pound using this method.

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SPROUTS SPIRAL-SLICED NAE UNCURRED HAM

1. Preheat oven to 350°F.
2. Remove ham from outer and inner bag.
3. Remove soaker pad and plastic from the bone end of the ham.
4. Place ham in a roasting pan, with a rack, and fill bottom of pan with ¼" of water.
5. Rub the enclosed dry glaze directly on the ham and between the slices.
6. Cover loosely with foil.
7. Heat for approximately 10 minutes per pound or until desired temperature is reached (at least 140°F or warmer).
8. Remove foil from the ham in last 5 minutes of heating to brown.
9. Let ham rest for 10 minutes before serving.

USDA CHOICE GRASS-FED BONELESS BEEF RIB ROAST W/ AU JUS

CONVENTIONAL OVEN

1. Preheat oven to 350°F.
2. Remove rib roast from plastic bag and place roast with its juices into a roasting pan. Cover with foil.
3. Heat for 1 hour 15 minutes – 1 hour 30 minutes, or until desired internal temperature is reached.

4. Medium rare: 130°F – 135°F
5. Remove from oven, uncover, and rest for 15 minutes.
6. While roast is resting, pour the au jus into a small saucepan. Heat over medium-high for 5 – 7 minutes, or until simmering.
7. Slice the rib roast, serve with warm au jus, and enjoy!

BONELESS NAE TURKEY BREAST

1. Preheat oven to 350°F
2. Remove turkey breast from packaging.
3. Place turkey on a parchment lined baking sheet.
4. Bake, uncovered, for approximately 30 - 35 minutes, until an internal temperature of 165°F is reached.
5. Remove from oven and let turkey rest for 5 minutes before slicing.

VEGAN BUTTERNUT SQUASH LASAGNA

1. Preheat oven to 350°F
2. Remove plastic lid and discard.
3. Cover tray with foil.
4. Bake lasagna for 22 – 33 minutes, until an internal temperature of 165°F is reached.
5. Remove foil and let lasagna rest for 5 minutes before serving.

HOMESTYLE SOURDOUGH STUFFING

Enjoy your preservative-free sides within 5 days of pickup.

CONVENTIONAL OVEN:

1. Preheat oven to 375°F.
2. Remove plastic from the tray and cover with tin foil.
3. Bake covered for 45 minutes.
4. Remove foil from tray and bake for 20 minutes or until desired crispness.

MICROWAVE:

1. Peel back film to vent and microwave on HIGH for 3 minutes.
2. Carefully remove film and stir.
3. Microwave uncovered on HIGH an additional minute or until hot.
4. Let stand one minute before serving.

MASHED YUKON GOLD POTATOES

Enjoy your preservative-free sides within 5 days of pickup. All-natural mash requires mixing before heating.

CONVENTIONAL OVEN:

1. Preheat oven to 375°F.
2. Discard plastic wrap & place tray on a baking tray.
3. Bake in the oven for 45 minutes or until an internal temperature of 165°F is reached.

MICROWAVE:

1. Peel back film to vent and microwave on HIGH for 2 minutes.
2. Carefully remove film and stir.
3. Microwave uncovered on HIGH an additional minute or until hot.
4. Let stand 1 minute before serving.

HOMESTYLE TURKEY GRAVY

Enjoy your preservative-free sides within 5 days of pickup.

STOVETOP:

1. Place Gravy in a saucepan and heat under medium low temperature, constantly stirring to prevent burning.
2. Bring Gravy to a boil and remove from heat. Serve while still warm.

MICROWAVE:

1. Peel back film to vent and microwave on high for 3 minutes.
2. Carefully remove film and stir.
3. Microwave on HIGH for an additional minute or until hot.
4. Let stand 1 minute before serving.

CRANBERRY SAUCE

If frozen, allow product to thaw overnight in the refrigerator. Serve chilled or allow to come to room temperature. Enjoy your preservative-free sides within 5 days of pickup.

ORGANIC HOMESTYLE SOURDOUGH STUFFING

Enjoy your preservative-free sides within 5 days of pickup.

CONVENTIONAL OVEN:

1. Preheat oven to 375°F.
2. Remove plastic from the tray and cover with tin foil.
3. Bake covered for 45 minutes.
4. Remove foil from tray and bake for 20 minutes or till desired crispness.

MICROWAVE:

1. Remove film from thawed stuffing.
2. Microwave on high for 4 - 5 minutes, stirring every 90 seconds until desired temperature is reached.

ORGANIC YUKON GOLD MASHED POTATOES

Enjoy your preservative-free sides within 5 days of pickup. All-natural mash requires mixing before heating.

CONVENTIONAL OVEN:

1. Preheat oven to 375°F.
2. Discard plastic wrap & place tray on a baking tray.
3. Bake for 45 minutes or until an internal temperature of 165°F is reached.

MICROWAVE:

1. Remove film from thawed mashed potatoes.
2. Microwave on high for 4 – 5 minutes, stirring every 90 seconds until desired temperature is reached.

ORGANIC TURKEY GRAVY

Enjoy your preservative-free sides within 5 days of pickup.

STOVE TOP:

1. Place Gravy in a saucepan and heat under medium low temperature, constantly stirring to prevent burning.
2. Bring Gravy to a boil and remove from heat. Serve while still warm.

MICROWAVE:

1. Pour thawed gravy into a microwave safe dish.
2. Serve while still warm.

ORGANIC CRANBERRY SAUCE

If frozen, allow product to thaw overnight in the refrigerator. Serve chilled or allow to come to room temperature. Enjoy your preservative-free sides within 5 days of pickup.