



BACK-TO-SCHOOL IDEAS IN OUR DELI

By: Maya Ticku, Purchasing Assistant

Willy Street Co-op Friends, summer is creeping to a close, and we are barreling closer to another school year. As the chaos ensues, busy schedules don't mean you can't enjoy good, quality meals on a weeknight. What better way to ease back into weekly routines than to incorporate a classic into your weekly menu. A lunch staple, but hearty enough to be dinner, sandwiches are the perfect combination of protein, veggies, and carbs—where the variety is up to your choosing. Handheld, portable, and so many different variations, they are one of the easiest meals, with only assembly required.

So, think of this as your sandwich guide where we've put together some options. We've done the hard part for you—the star of each sandwich is made by the Co-op and found in the Deli. All that's left is to pick up the remaining fresh ingredients to build your sandwich. Hot sandwiches, cold sandwiches, meat-free, or gluten-free—you'll find something for everyone here!

SOUTHERN FRIED TOFU PEPPER JACK

A plant-based alternative to a Southern classic. We do the frying, you do the topping and enjoying. Start with Co-op made Southern Fried Tofu—a slab of firm tofu, marinated and fried, for a crispy bite. Bonus points if you throw it in the toaster oven for 10 minutes. Next, the build. To add a spicy kick, add a slice or two of pepper jack cheese from Cedar Grove. For your carb, I recommend S. Rosen's Brioche Buns straight out of Chicago, IL. Their pillowy softness and subtle sweetness balance out the spice. For more color, cooler flavors, and a nice crunch, snag a container of traditional coleslaw or sumi salad to top your sandwich with—both made by the Co-op and found in the Deli cooler.



FLORENTINE PATTY MELT

If you spent the summer eating nothing but cold sandwiches for lunch, spice it up with a Florentine burger on a toasted Schär ciabatta roll! Our Florentine burger is a vegetarian patty made with spinach, walnuts, cheddar cheese, egg, panko bread crumbs, onion, tamari, garlic, basil, and sea salt. Next, top with the melted cheese of your choosing—I recommend a slice of Muenster cheese from Silver & Lewis. It's mild, perfectly creamy, and perfect for melting. Just like your regular burgers, condiments are key! Top this melty sandwich with one of the flavorful sauces from Maazah Aioli. For a spicy kick, their Chili Aioli will offer a creamy, punchy blend. Prefer a summer flavor? Try the Lemon aioli for a sandwich with a bold, citrus flair.

TARRAGON CHICKEN SALAD & SWISS

Chicken salad is the perfect "in-a-pinch" sandwich because the one ingredient is really five ingredients. Pick up a clamshell of our creamy, aromatic tarragon chicken salad. Next, head over to our bakery section for some flakey, buttery croissants from Madison Sourdough. If you prefer your chicken salad on a toasted croissant, add a slice of Deppeler baby Swiss cheese from Chalet Cheese Cooperative in Monroe, WI. Their cheese is made with whole milk—elevating the creamy and buttery flavor to another level. For an added crunch, consider topping it with green leaf lettuce.



SESAME TOFU BANH MI

This Vietnamese street food favorite deserves a spot on the menu every week! With Co-op-made sesame tofu, you can throw together the perfect plant-based banh mi. Once you've secured your protein, it's time to add your banh mi staples. Pickled Olden Super Slaw gives the fermented kick and crunch. For your greens, Co-op-made Cucumber Salad is a quick way to elevate an already crucial component of the iconic banh mi. Finally, keep it vegan by serving it on a crispy, flakey Turano French roll, and topping it with your favorite vegemaise.

