

SUN MON TUES WED THURS FRI SAT

JAN

STORE EVENTS & DELI MENU

subject to change

<p>6</p> <p>Chef's Choice vgt vgn options</p>	<p>7</p> <p>roasted chicken ng chicken pasta garlic bread vgn veg of the day vgt ng braised greens vgn ng roasted yams vgn ng</p>	<p>8</p> <p>tandoori chicken ng chicken vindaloo chana masala vgn ng Indian creamed spinach vgt ng sauteed cabbage vgt ng veg of the day vgt ng</p>	<p>9</p> <p>roasted chicken ng greek meatloaf seitan stew vgn ng broccoli vgt ng basmati rice vgn ng veg of the day vgt ng</p>	<p>10</p> <p>roasted chicken ng grn curry tropical chkn ng tofu butternut stew vgn ng sauteed beets vgt ng basmati rice vgn ng veg of the day vgt ng</p>	<p>11</p> <p>SALE CASE PREORDER DEADLINE </p> <p>roasted chicken ng chicken tacos veggie tacos vgn ng mexican blk beans ng vgn basmati rice vgn ng veg of the day vgn ng</p>	<p>12</p> <p>SAVE! EVENT: HEALTHY NEW YEAR! 11AM-3PM</p> <p>Pizza! vgt vgn options</p>
<p>13</p> <p>Chef's Choice vgt vgn options</p>	<p>14</p> <p>roasted chicken ng lemon pepper tofu vgn ng mac & cheese veg of the day vgn ng roasted potatoes vgt ng sauteed cabbage vgn ng</p>	<p>15</p> <p>DOUBLE DEAL TUESDAY  LUNCH: mongolian chicken ng chicken a la king ng marinated tofu vgn ng green beans mushrms vgn veg of the day ng basmati rice vgn ng</p>	<p>16</p> <p>roasted chicken ng beef sloppy joes tempeh sloppy joes vgn roasted potatoes vgt ng veg of the day vgt ng sauteed peas vgn ng</p>	<p>17</p> <p>LEARN CLASS: CBD OIL INFO SESSION</p> <p>roasted chicken pork chili verde Colombian lentils vgn Mexican beans & rice vgn veg of the day vgt ng sauteed corn vgt</p>	<p>18</p> <p>roasted chicken ng chicken tikka masala ng ethiopian cabbage vgn ng yams vgn ng veg of the day vgt ng basmati rice vgn ng</p>	<p>19</p> <p>Pizza! vgt vgn options</p>
<p>20</p> <p>Chef's Choice vgt vgn options</p>	<p>21</p> <p>roasted chicken meatloaf ng vegan mac & cheese veg of the day vgt ng roasted potatoes vgt quinoa vgt</p>	<p>22</p> <p>LEARN CLASS: DIY HERBAL LIP BALMS & SCRUBS</p> <p>shoyu chicken sweet & sour chicken sweet & sour tofu vgn sauteed cabbage vgt basmati rice vgn veg of the day vgt</p>	<p>23</p> <p>roasted chicken sthwst mac & cheese vgt parmesan potatoes vgt veg of the day vgt ng garlic bread vgt sauteed corn vgt</p>	<p>24</p> <p>roasted chicken ng tempeh shepherds pie vgt tuna noodle casserole roasted potatoes vgt ng garlic bread vgn veg of the day vgt ng</p>	<p>25</p> <p>SALE CASE PREORDER DEADLINE </p> <p>roasted chicken ng lasagna parmesan potatoes vgt ng 3 cheese polenta ng braised greens vgt ng veg of the day vgt ng</p>	<p>26</p> <p>SAVE! EVENT: KALE YEAH! KALE FEST 11AM-3PM</p> <p>Pizza! vgt vgn options</p>
<p>27</p> <p>Chef's Choice vgt vgn options</p>	<p>28</p> <p>roasted chicken chicken pastag garlic bread veg of the day vgt ng braised greens roasted yams</p>	<p>29</p> <p>DOUBLE DEAL TUESDAY CLASS: CHINESE TEA WORKSHOP LEARN</p> <p>tandoori chicken ng chicken vindaloo chana masala vgn ng Indian crmd spinach vgt ng sauteed cabbage vgt ng veg of the day vgt ng</p>	<p>30</p> <p>NEW MEMBER-OWNER ORIENTATION • 7PM </p> <p>roasted chicken ng greek meatloaf seitan stew vgn ng broccoli vgt ng basmati rice vgn ng veg of the day vgt ng</p>	<p>31</p> <p>roasted chicken ng grn curry tropical chkn ng tofu butternut stew vgn ng sauteed beets vgt ng basmati rice vgn ng veg of the day vgt ng</p>	<p>RSVPs required for classes and new member-owner orientation</p> <p>ng made w/o gluten vgt vegetarian vgn vegan</p>	 <p>fresh local organic WHEATSFIELD CO-OP since 1974</p>