

SUN

MON

TUES

WED

THURS

FRI

SAT

RSVPs required for classes and new member-owner orientation

ng made w/o gluten
vgt vegetarian
vgn vegan



SAVE!
WELLNESS WHENEVER
Member-Owners and Student Members save 20% on one shopping trip during the first quarter of the year (Jan, Feb or Mar).
learn more >>>
wheatsfield.coop/savings

FEB

STORE EVENTS & DELI MENU
subject to change

1 1ST FRIDAY WINE & CHEESE 5-7PM

roasted chicken ng
chicken tacos
veggie tacos vgn ng
mexican blk beans ng vgn
basmati rice vgn ng
veg of the day vgn ng

2
Pizza!
vgt vgn options

3
Chef's Choice
vgt vgn options

4
roasted chicken ng
lemon pepper tofu vgn ng
mac & cheese
veg of the day vgn ng
roasted potatoes vgt ng
sauteed cabbage vgn ng

5 LEARN
CLASS: CBD OIL INFO SESSION
mongolian chicken ng
chicken a la king ng
marinated tofu vgn ng
green beans mushrms vgn
veg of the day vgt ng
basmati rice vgn ng

6
roasted chicken ng
beef sloppy joes
tempeh sloppy joes vgn
roasted potatoes vgt ng
veg of the day vgt ng
sauteed peas vgn ng

7
roasted chicken ng
pork chili verde
Colombian lentils vgn ng
Mexican beans & rice vgn
veg of the day vgt ng
sauteed corn vgt ng

8 SAVE!
EVENT: WINE, CHEESE & CHOCOLATE SALE
roasted chicken ng
chicken tikka masala ng
ethiopian cabbage vgn ng
yams vgn ng
veg of the day vgt ng
basmati rice vgn ng

9 SAVE!
EVENT: WINE, CHEESE & CHOCOLATE SALE
Pizza!
vgt vgn options

10
Chef's Choice
vgt vgn options

11
roasted chicken
meatloaf ng
vegan mac & cheese
veg of the day vgt ng
roasted potatoes vgt
quinoa vgt

12 DOUBLE DEAL TUESDAY
shoyu chicken ng
sweet & sour chicken ng
veg of the day vgn ng
sauteed cabbage vgt ng
basmati rice vgn ng
veg of the day vgt ng

13 LEARN CO+
CLASS: VALENTINE'S WINE
roasted chicken ng
sthwst mac & cheese vgt
parmesan potatoes vgt ng
veg of the day vgt ng
garlic bread vgt
sauteed corn vgt ng


14
roasted chicken ng
tempeh shepherds pie vgt
tuna noodle casserole
roasted potatoes vgt ng
garlic bread vgn
veg of the day vgt ng

15
roasted chicken ng
lasagna
parmesan potatoes vgt ng
3 cheese polenta ng
braised greens vgt ng
veg of the day vgt ng

16 CSA FAIR 1-4PM
Pizza!
vgt vgn options


17
Chef's Choice
vgt vgn options

18
roasted chicken
chicken pastag
garlic bread
veg of the day vgt ng
braised greens
roasted yams

19

LUNCH:
tandoori chicken ng
chicken vindaloo
chana masala vgn ng
Indian crmd spinach vgt ng
sauteed cabbage vgt ng
veg of the day vgt ng

20
B
roasted chicken ng
greek meatloaf
seitan stew vgn ng
broccoli vgt ng
basmati rice vgn ng
veg of the day vgt ng

21 LEARN
CLASS: SOURDOUGH 101
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

22 SALE CASE PREORDER DEADLINE

roasted chicken ng
chicken tacos
veggie tacos vgn ng
mexican blk beans ng vgn
basmati rice vgn ng
veg of the day vgn ng

23
Pizza!
vgt vgn options

24
Chef's Choice
vgt vgn options

25
roasted chicken ng
lemon pepper tofu vgn ng
mac & cheese
veg of the day vgn ng
roasted potatoes vgt ng
sauteed cabbage vgn ng

26 DOUBLE DEAL TUESDAY
CLASS: ORIENTAL MEDICINE
LEARN
mongolian chicken
chicken a la king
marinated tofu vgn
green beans mushrms vgn
veg of the day vgt
basmati rice vgn

27
CO+
NEW MEMBER-OWNER ORIENTATION • 7PM
roasted chicken ng
beef sloppy joes
tempeh sloppy joes vgn
roasted potatoes vgt ng
veg of the day vgt ng
sauteed peas vgn ng

28
roasted chicken ng
pork chili verde
Colombian lentils vgn ng
Mexican beans & rice vgn
veg of the day vgt ng
sauteed corn vgt ng