

SUN

MON

TUES

WED

THURS

FRI

SAT

MAR

STORE EVENTS & DELI MENU
subject to change

RSVPs required for classes and new member-owner orientation

ng made w/o gluten
vgt vegetarian
vgn vegan



SAVE!
APPRECIATION DISCOUNT
Member-Owners and Student Members save 10-20% on one shopping trip during March!

learn more >>>
wheatfield.coop/savings

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

SOUPS
11AM-7PM DAILY!

3

Chef's Choice
vgt vgn options

4

roasted chicken ng
veggie lasagna vgn
meat lasagna
veg of the day vgn ng
broccoli vgt ng
garlic bread vgt ng

5 LEARN

CLASS: DIY SCRUBS & LIP BALMS

roasted chicken ng
chicken taco filling ng
veggie taco filling vgn ng
mex black beans vgn ng
veg of the day vgt ng
basmati rice vgn ng

6

roasted chicken ng
margarita chicken ng
marinated tofu vgn ng
roasted potatoes vgt ng
veg of the day vgt ng
sauteed peas vgn ng

7 LEARN

CLASS: SOURDOUGH 101

roasted chicken ng
west indies chicken ng
west indies tofu vgn ng
veg of the day vgn ng
3 cheese polenta vgt ng
sauteed corn vgn ng

8 SALE CASE PREORDER DEADLINE



roasted chicken ng
pulled BBQ ng
Veggie BBQ vgn ng
whole wheat buns vgt
texas style beans vgn ng
yams vgt ng
veg of the day vgn ng

9

EVENT: FUN!!!
10 YEARS ON NORTHWESTERN CELEBRATION 10AM-4PM

Pizza!
vgt vgn options

10

Chef's Choice
vgt vgn options

11

roasted chicken ng
lemon dill chicken ng
lemon dill tofu vgn ng
veg of the day vgn ng
rice vgn ng
cabbage vgn ng

12 DOUBLE DEAL TUESDAY LUNCH:



shoyu chicken ng
sweet & sour chicken ng
sweet & sour tofu vgn ng
basmati rice vgn ng
sauteed cabbage vgt ng
veg of the day vgt ng

13

13 LEARN C+
CLASS: ST. PATRICK'S BEER & CHEESE

roasted chicken ng
ham scalloped potatoes
veg scalloped potatoes vgt
cilantro pea rice vgn ng
roasted veggies vgn ng
veg of the day vgn ng

14

roasted chicken ng
amchar masala chicken ng
chana masala vgn ng
roasted potatoes vgn ng
garlic bread vgt ng
veg of the day vgn ng

15

roasted chicken ng
BBQ Turkey Meatloaf
BBQ Tofu vgn ng
mashed potatoes vgt ng
braised greens vgn ng
veg of the day vgn ng

16

Pizza!
vgt vgn options

18

roasted chicken ng
gumbo with chicken ng
gumbo with tofu vgn ng
veg of the day vgn ng
combread vgt ng
basmati rice vgn ng

19 LEARN

CLASS: SUPERFOODS

roasted chicken ng
mac & cheese
vegan mac & cheese vgn
Indian crmd spinach vgt
peas & carrots vgn ng
veg of the day vgn ng

20

roasted chicken ng
cajun chicken ng
cajun tofu vgn ng
cajun veggies vgn ng
potatoes vgn ng
veg of the day vgn ng

21

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

roasted chicken ng
chicken vindaloo ng
seitan stew vgn ng
columbian lentils 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
veggie lasagna vgn
meat lasagna
veg of the day vgn ng
broccoli vgt ng
garlic bread vgt ng

26

roasted chicken ng
chicken taco filling ng
veggie taco filling vgn ng
mex black beans vgn ng
veg of the day vgt ng
basmati rice vgn ng

27

27 B
NEW MEMBER-OWNER ORIENTATION • 7PM

roasted chicken ng
margarita chicken ng
marinated tofu vgn ng
roasted potatoes vgt ng
veg of the day vgt ng
sauteed peas vgn ng

28

roasted chicken ng
west indies chicken ng
west indies tofu vgn ng
veg of the day vgn ng
3 cheese polenta vgt ng
sauteed corn vgn ng

29 SALE CASE PREORDER DEADLINE



roasted chicken ng
pulled BBQ ng
Veggie BBQ vgn ng
whole wheat buns vgt
texas style beans vgn ng
yams vgt ng
veg of the day vgn ng

30

COFFEE WITH THE BOARD 11AM-1PM

Pizza!
vgn options

31

Chef's Choice
vgt vgn options

