



SUN MON TUES WED THURS FRI SAT

# MAY

STORE EVENTS & DELI MENU  
subject to change

**5 SOUPS**  
11AM-7PM DAILY!

Chef's Choice  
vgt vgn options

**6**

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

**7**

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**

**8**

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

**9**

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

**10 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**

**11**

Pizza!  
vgt vgn options



**12**

Chef's Choice  
vgt vgn options

RSVPs required for classes and new member-owner orientation

**13 LEARN**

**CLASS: INTRO TO HOMEOPATHY**

roasted chicken **ng**  
lemon dill chicken **ng**  
lemon dill tofu **vgn ng**  
veg of the day **vgn ng**  
quinoa **vgn ng**  
parm rstd potatoes **vgt ng**

**14 DOUBLE DEAL TUESDAY**

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

**15**

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**

**16 LEARN**

**CLASS: COMPOSTING WITH WORMS**

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**

**17 SAVE!**

**2 DAY BULK SALE!**

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

**18 SAVE!**

**2 DAY BULK SALE!**

Pizza!  
vgt vgn options

**19**

Chef's Choice  
vgt vgn options

ng made w/o gluten  
vgt vegetarian  
vgn vegan

**20**

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**

**21 LEARN**

**CLASS: CANCER PREVENTION STRATEGIES**

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

**22**

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

**23**

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**

**24**

roasted chicken **ng**  
chicken vindaloo **ng**  
seitan stew **vgn ng**  
columbian lentils **ng vgn**  
basmati rice **vgn ng**  
veg of the day **vgn ng**

**25**

Pizza!  
vgt vgn options

**26**

Chef's Choice  
vgt vgn options

**27 MEMORIAL DAY: OPEN REGULAR HOURS**

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

**28**

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**

**29 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**

**30 LEARN**

**CLASS: BECKY'S FAVORITES - SCONES**

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

**31 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**

**SAVE!**

**WELLNESS WHENEVER**

Member-Owners and Student Members save 20% on one shopping trip during the second quarter of the year (Apr, May, Jun).

learn more >>>  
wheatsfield.coop/savings