

SUN

MON

TUES

WED

THURS

FRI

SAT

1

Chef's Choice
vgt vgn options

2

roasted chicken ng
penne chkn & andouille
veggie pasta vgt ng
cajun veggies vgn ng
sauteed cabbage vgn ng
veg of the day vgn ng

3

roasted chicken ng
meat tacos ng
veggie tacos vgn ng
beans vgn ng
steamed rice vgn ng
veg of the day vgn ng

4



roasted chicken ng
chicken a la king ng
chickpea masala vgn ng
veggie korma vgn ng
steamed rice vgn ng
veg of the day vgn ng

5

roasted chicken ng
green enchilada pie vgt
swt potato enchilada vgn
potatoes vgn ng
quinoa vgn ng
veg of the day vgn ng



**FIRST FRIDAY
WINE & CHEESE
+ ART OPENING
5-7PM**

roasted chicken ng
meat stir fry ng
veggie stir fry vgn ng
potatoes vgt ng
peas & rice vgn ng
veg of the day vgn ng

7

Pizza/Chef's Choice
vgt vgn options

8

Chef's Choice
vgt vgn options

9

roasted chicken ng
pork chili verde ng
veggie chili verde vgn ng
potatoes vgn ng
corn vgn ng
veg of the day vgn ng

10

roasted chicken ng
meat bbq ng
veggie bbq vgn ng
cheesy polenta vgt ng
baked beans vgn ng
veg of the day vgn ng

**11 CLASS: LOCAL CHEESE
& LOCAL CIDER
LEARN**

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

12

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

**13 TINY DECK CONCERT:
CHRIS MYERS
6-7:30PM**

SALE CASE PREORDER DEADLINE
roasted chicken ng
chicken gumbo ng
tofu gumbo vgn ng
quinoa vgn ng
cornbread vgt
veg of the day vgn ng

14

Pizza/Chef's Choice
vgt vgn options



15

Chef's Choice
vgt vgn options

**16 CLASS: VEGETARIAN
& VEGAN PROTEIN
OPTIONS
LEARN**

roasted chicken ng
meat stuffed pepper ng
veggie stuffed pep vgn ng
potatoes vgn ng
stuffed pep sauce vgt ng
veg of the day vgn ng

**17 DOUBLE DEAL
TUESDAY!**



LUNCH:
roasted chicken ng
hot dogs ng
vegan brats vgn ng
chili ng
mac & cheese vgt ng
veg of the day vgn ng

18



roasted chicken ng
thai curry chicken ng
thai veg curry vgn ng
creamed spinach vgt ng
steamed rice vgn ng
veg of the day vgn ng

19

roasted chicken ng
ham scalloped potatoes
scalloped potatoes vgt
steamed veg vgn ng
yams vgn ng
veg of the day vgn ng

20

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

21

Pizza/Chef's Choice
vgt vgn options



22

Chef's Choice
vgt vgn options

23

roasted chicken ng
penne chkn & andouille
veggie pasta vgt ng
cajun veggies vgn ng
sauteed cabbage vgn ng
veg of the day vgn ng

LEARN

**24 NEW MEMBER
ORIENTATION
6:30PM**

**CLASS: DIY FARM FRESH
FLOWER BOUQUETS**
roasted chicken ng
meat tacos ng
veggie tacos vgn ng
beans vgn ng
steamed rice vgn ng
veg of the day vgn ng

25



roasted chicken ng
chicken a la king ng
chickpea masala vgn ng
veggie korma vgn ng
steamed rice vgn ng
veg of the day vgn ng

26

roasted chicken ng
green enchilada pie vgt
swt potato enchilada vgn
potatoes vgn ng
quinoa vgn ng
veg of the day vgn ng

**27 SALE CASE PREORDER
DEADLINE**



roasted chicken ng
meat stir fry ng
veggie stir fry vgn ng
potatoes vgt ng
peas & rice vgn ng
veg of the day vgn ng

28

**SEPTEMBER SPEAKEASY
MEMBER APPRECIATION
CELEBRATION
10AM-4PM
SAVE!**

Pizza/Chef's Choice
vgt vgn options

29

Chef's Choice
vgt vgn options

**30 CLASS: FRESH
PASTA FOR
BEGINNERS
LEARN**

roasted chicken ng
pork chili verde ng
veggie chili verde vgn ng
potatoes vgn ng
corn vgn ng
veg of the day vgn ng

SEPT

STORE EVENTS &
DELI MENU
subject to change

SAVE!
APPRECIATION DISCOUNT

Member-Owners and
Student Members save
10-20% on one shopping
trip during June!

learn more >>>
wheatsfield.coop/savings

RSVPs required for
classes and new
member-owner
orientation

ng made w/o gluten
vgt vegetarian
vgn vegan

