

SUN

MON

TUES

WED

THURS

FRI

SAT

# OCT

## STORE EVENTS & DELI MENU

subject to change

**SAVE!**  
**WELLNESS WHENEVER**  
Member-Owners and Student Members save 15% on one Supplement/Body Care shopping trip during October.  
learn more >>>  
[wheatsfield.coop/savings](http://wheatsfield.coop/savings)

**B** Board Meeting  
**CO+** New Co+op Deals  
 Case Preorders Due  
**ng** made w/o gluten  
**vgt** vegetarian  
**vgn** vegan

<p>3</p> <p>Chef's Choice <b>vgn ng</b></p>	<p>4</p> <p>Thai Butternut Curry <b>vgn ng</b> Roasted Local Chicken Rice <b>vgn ng</b> Parmesan Potatoes <b>vgt</b></p>	<p>5</p> <p>Meat &amp; Cheese Lasagna Garlic Cheese Bread <b>vgt</b> Veg of the Day <b>vgn ng</b></p>	<p>6</p> <p>Penne Chkn &amp; Andouille Sweet Ginger Tofu <b>vgn ng</b> Roasted Veggies <b>vgn ng</b></p>	<p>7</p> <p><b>SALE CASE PREORDER 12 PM DEADLINE</b> </p> <p>Tuna Noodle Supreme Three Cheese Polenta <b>vgt</b> Veg of the Day <b>vgn ng</b></p>	<p>1</p> <p>Turkey Meatloaf Mashed Potatoes <b>vgn ng</b> Mushroom Gravy <b>vgn ng</b> Veg of the Day <b>vgn ng</b></p>	<p>2</p> <p>Chef's Choice <b>vgn ng</b></p> <p><b>8-11AM DAILY!</b> <b>BREAKFAST!</b></p>
<p>10</p> <p>Chef's Choice <b>vgn ng</b></p>	<p>11</p> <p>Shoyu Chicken ng Sweet Ginger Tofu <b>vgn ng</b> Roasted Veggies <b>vgn ng</b></p>	<p>12 <b>DOUBLE DEAL TUESDAY!</b> </p> <p><b>SAVE!</b></p> <p>Tofu Butternut Stew <b>vgn ng</b> Chicken a la King <b>ng</b> Rice <b>vgn ng</b></p>	<p>13</p> <p>Tempeh Stroganoff <b>vgn</b> Chicken a la King <b>ng</b> Mashed Potatoes <b>vgn ng</b></p>	<p>14</p> <p><b>SAVE!</b></p> <p>Sweet &amp; Sour Chicken <b>ng</b> Sweet &amp; Sour Tofu <b>vgn ng</b> Rice <b>vgn ng</b></p>	<p>15</p> <p>Turkey Meatloaf Mashed Potatoes <b>vgn ng</b> Mushroom Gravy <b>vgn ng</b> Veg of the Day <b>vgn ng</b></p>	<p>16</p> <p><b>WHEATSFIELD CO-OP</b> <b>3 DAY BULK SALE!</b></p> <p>Chef's Choice <b>vgn ng</b></p>
<p><b>SOUPS DAILY SOUPS!</b></p> <p>17</p> <p>Chef's Choice <b>vgn ng</b></p>	<p>18</p> <p>Thai Butternut Curry <b>vgn ng</b> Roasted Chicken Rice <b>vgn ng</b> Parmesan Roasted - Potatoes <b>vgt</b></p>	<p>19 <b>\$5 DINNER 4:30-7PM ON THE HOT BAR</b> </p> <p><b>LUNCH:</b> Meat &amp; Cheese Lasagna Garlic Cheese Bread <b>vgt</b> Veg of the Day <b>vgn ng</b></p>	<p>20 <b>ANNUAL MEETING OF THE MEMBERS, 7 PM VIA ZOOM</b> <b>LEARN</b></p> <p>Penne Chkn &amp; Andouille Sweet Ginger Tofu <b>vgn ng</b> Roasted Veggies <b>vgn ng</b></p>	<p>21</p> <p>Tuna Noodle Supreme Three Cheese Polenta <b>vgt</b> Veg of the Day <b>vgn ng</b></p>	<p>22</p> <p>Sweet Potato Lasagna <b>vgt</b> Garlic Cheese Bread <b>vgt</b></p>	<p>23</p> <p>Chef's Choice <b>vgn ng</b></p>
<p>24</p> <p>Chef's Choice <b>vgn ng</b></p> <p>31 <b>HAPPY HALLOWEEN!</b></p>	<p>25</p> <p>Shoyu Chicken ng Sweet Ginger Tofu <b>vgn ng</b> Roasted Veggies <b>vgn ng</b></p>	<p>26</p> <p>Tofu Butternut Stew <b>vgn ng</b> Chicken a la King <b>ng</b> Rice <b>vgn ng</b></p>	<p>27</p> <p>Tempeh Stroganoff <b>vgn</b> Chicken a la King <b>ng</b> Mashed Potatoes <b>vgn ng</b></p>	<p>28 <b>SALE CASE PREORDER 12 PM DEADLINE</b> </p> <p>Sweet &amp; Sour Chicken <b>ng</b> Sweet &amp; Sour Tofu <b>vgn ng</b> Rice <b>vgn ng</b></p>	<p>29</p> <p>Turkey Meatloaf Mashed Potatoes <b>vgn ng</b> Mushroom Gravy <b>vgn ng</b> Veg of the Day <b>vgn ng</b></p>	<p>30 <b>TRICK OR TREAT AT THE CO-OP 11AM-1PM WEAR A COSTUME TO THE CO-OP, GET A TREAT!</b> </p> <p>Chef's Choice <b>vgn ng</b></p>