

SUN

MON

TUES

WED

THURS

FRI

SAT

JANUARY

STORE EVENTS & DELI MENU

subject to change

WELLNESS WHENEVER

Member-Owners and Student Members save 15% on one Supplement/Body Care shopping trip during January.

learn more >>> wheatsfield.coop/savings



Board Meeting



New Co-op Deals



Case Preorders Due

ng made w/o gluten
vgt vegetarian
vgn vegan

1
STORE CLOSED
HAPPY NEW YEAR!

SOUP & SALAD BAR ONLY

2
Chef's Choice **vgn ng**

3
Southwest Mac & Cheese **vgt**
Vegan Mac & Cheese
Roasted Chicken
Veg of the Day **vgn ng**

4 **DOUBLE DEAL TUESDAY!** **CO+**
SAVE!

Tuna Noodle Supreme
Garlic Cheese Bread
Vegan Mac & Cheese
Roasted Yams **vgn ng**
Veg of the Day **vgn ng**

5
Baked Chicken Enchilada
Yellow Rice **vgn ng**
Red Curry Jumble **vgn ng**
Confetti Corn **vgn ng**

6
Chicken Vindaloo
Red Curry Jumble **vgn ng**
Rice **vgn ng**
Veg of the Day **vgn ng**

7
Maple Dijon Chicken **ng**
Maple Dijon Tofu **vgn ng**
Roasted O'Brien Potatoes **vgn ng**

8
Chef's Choice **vgn ng**



9
Chef's Choice **vgn ng**

10
Lasagna Florentine **vgt**
Garlic Cheese Bread
Roasted Chicken **ng**
Roasted Yams **vgn ng**

11 **\$5 DINNER 4:30-7PM**
5 DINNER
LUNCH: Curry Chicken **ng**
Green Curry Tofu **vgn ng**
Rice **vgn ng**
Roasted Veggies **vgn ng**

12
Ratatouille **vgn ng**
Three Cheese Polenta **vgt**
Lemon Pepper Chicken

13 **CASE PREORDER DEADLINE**
BBQ Chicken **ng**
BBQ Tofu **vgn ng**
Baked Beans
Veg of the Day **vgn ng**
Roasted Potatoes **vgn ng**

14
Chana Masala **vgn ng**
Indian Creamed Spinach
Rice **vgn ng**
Roasted Chicken **ng**



15
Chef's Choice **vgn ng**

16
STORE CLOSING EARLY FOR STAFF HOLIDAY PARTY
HOURS: 8AM - 5:30PM
Chef's Choice **vgn ng**

17
Southwest Mac & Cheese **vgt**
Vegan Mac & Cheese
Roasted Chicken
Veg of the Day **vgn ng**

18 **DOUBLE DEAL TUESDAY!** **CO+**
SAVE!

Tuna Noodle Supreme,
Garlic Cheese Bread
Vegan Mac & Cheese
Roasted Yams **vgn ng**
Veg of the Day **vgn ng**

19 **B**
Baked Chicken Enchilada
Yellow Rice **vgn ng**
Red Curry Jumble **vgn ng**
Confetti Corn **vgn ng**

20
Chicken Vindaloo
Red Curry Jumble **vgn ng**
Rice **vgn ng**
Veg of the Day **vgn ng**

21
Maple Dijon Chicken **ng**
Maple Dijon Tofu **vgn ng**
Roasted O'Brien Potatoes **vgn ng**

22
Chef's Choice **vgn ng**

23
Chef's Choice **vgn ng**

24
Lasagna Florentine **vgt**
Garlic Cheese Bread
Roasted Chicken **ng**
Roasted Yams **vgn ng**

25
Green Curry Chicken **ng**
Green Curry Tofu **vgn ng**
Rice **vgn ng**
Roasted Veggies **vgn ng**

26
Ratatouille **vgn ng**
Three Cheese Polenta **vgt**
Lemon Pepper Chicken

27 **CASE PREORDER DEADLINE**
BBQ Chicken **ng**
BBQ Tofu **vgn ng**
Baked Beans
Veg of the Day **vgn ng**
Roasted Potatoes **vgn ng**

28
Chana Masala **vgn ng**
Indian Creamed Spinach
Rice **vgn ng**
Roasted Chicken **ng**

29
Chef's Choice **vgn ng**

30
Chef's Choice **vgn ng**

31
Lasagna Florentine **vgt**
Garlic Cheese Bread
Roasted Chicken **ng**
Roasted Yams **vgn ng**