

SUN

MON

TUES

WED

THURS

FRI

SAT

1 Chef's Choice **vgn ng**

2

Tandoori Chicken **ng**  
Chana Masala **vgn ng**  
Thai Grn Peas **vgn ng**  
Basmati Rice **vgn ng**  
Roasted Potato **vgn ng**

3

**SAVE! CO+**

Sweet & Sour Tofu **ng**  
Sweet & Sour Chicken **ng**  
Basmati Rice **vgn ng**  
Cabbage Sauté **vgn ng**

4

Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Garlic Cheese Bread  
Rstd Veggies **vgn ng**

5

Sloppy Joes  
Vegan Sloppy Joes **vgn**  
Baked Beans **vgn ng**  
Roasted Potato **vgn ng**

6

Chicken A La King  
Butternut Tofu **vgn ng**  
Basmati Rice **vgn ng**  
Rstd Veggies **vgn ng**

7 Chef's Choice **vgn ng**



**HOUSE MADE**

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

9

Chicken Tacos **ng**  
Vegan Tacos **vgn**  
Southwest Mac & Cheese  
Rstd Veggies **vgn ng**

**\$5 DINNER 4:30-7PM**



**LUNCH:**  
Balsamic BBQ Chicken  
Balsamic BBQ Tofu **vgn ng**  
Yellow Rice **vgn ng**  
Rstd Sweet Taters **vgn ng**

11

Penne Chicken Andouille  
Dragon Tofu **vgn ng**  
Herb Rstd Potatoes **vgn ng**

**12 CASE PREORDER DEADLINE**



Broccoli Tempeh-Szechuan **vgn**  
Rstd Chicken **ng**  
Rice **vgn ng**  
Rstd Veggies **vgn ng**

13

Meat & Cheese Lasagna  
Vegan Mac & Cheese  
Garlic Cheese Bread  
Veg of the Day **vgn ng**



**FILL IT WITH FRESH**

**14 WORLD FAIR TRADE DAY**



Chef's Choice **vgn ng**

**MOTHER'S DAY**



8

Chef's Choice **vgn ng**

16

Tandoori Chicken **ng**  
Chana Masala **vgn ng**  
Thai Grn Peas **vgn ng**  
Basmati Rice **vgn ng**  
Roasted Potato **vgn ng**

17

**SAVE! CO+**

Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Garlic Cheese Bread  
Rstd Veggies **vgn ng**

18

Chili Dogs  
Vegan Chili Dogs  
O'Brien Potatoes **vgn ng**  
Mac & Cheese **vgt**  
Vegan Mac **vgn**

19

Sloppy Joes  
Vegan Sloppy Joes **vgn**  
Baked Beans **vgn ng**  
Roasted Potato **vgn ng**

20

Chicken A La King  
Butternut Tofu **vgn ng**  
Basmati Rice **vgn ng**  
Rstd Veggies **vgn ng**

21 Chef's Choice **vgn ng**



**SOUPS DAILY**

15

Chef's Choice **vgn ng**

22

Chef's Choice **vgn ng**

23

Chicken Tacos **ng**  
Vegan Tacos **vgn**  
Southwest Mac & Cheese  
Rstd Veggies **vgn ng**

24

Balsamic BBQ Chicken  
Balsamic BBQ Tofu **vgn ng**  
Yellow Rice **vgn ng**  
Rstd Sweet Potatoes **vgn**

25



Penne Chicken Andouille  
Dragon Tofu **vgn ng**  
Herb Rstd Potatoes **vgn ng**

**26 CASE PREORDER DEADLINE**



Broccoli Tempeh-Szechuan **vgn**  
Rstd Chicken **ng**  
Rice **vgn ng**  
Rstd Veggies **vgn ng**

27

Meat & Cheese Lasagna  
Vegan Mac & Cheese  
Garlic Cheese Bread  
Veg of the Day **vgn ng**

28

**COFFEE WITH THE BOARD 11AM-1PM**

Chef's Choice **vgn ng**

30

Tandoori Chicken **ng**  
Chana Masala **vgn ng**  
Thai Grn Peas **vgn ng**  
Basmati Rice **vgn ng**  
Roasted Potato **vgn ng**

31

**SAVE! CO+**

Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Garlic Cheese Bread  
Rstd Veggies **vgn ng**

29

Chef's Choice **vgn ng**

**HOUSE BAKED DAILY BREADS**



**MAY**

STORE EVENTS & DELI MENU *subject to change*



**B** Board Meeting  
**CO+** New Co-op Deals & Double Deal Tues!  
Case Preorders Due  
**ng** made w/o gluten  
**vgt** vegetarian  
**vgn** vegan