

SUN

MON

TUES

WED

THURS

FRI

SAT

JUNE

CO-OP EVENTS & DELI MENU

subject to change

SAVE!
MEMBER APPRECIATION
 Member-Owners and Student Members save 5-15% on one shopping trip during March!
 learn more >>>
wheatsfield.coop/savings



1 Chicken Enchilada ng Beans & Rice vgn ng Roasted Veggies vgn ng Roasted Tofu vgn ng	2 Red Curry Jumble vgn ng Rice vgn ng Roasted Chicken ng Roasted Yams vgn ng	3 Tuna Noodle Supreme Red Pepper Tofu vgn ng Roasted Veggies vgn ng	4 Chef's Choice vgn ng
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5 Chef's Choice vgn ng	6 Tandoori Chicken ng Dragon Tofu vgn ng Rice vgn ng Veg of the Day vgn ng	7 Green Curry Tropical Chicken vgn ng Thai Tempeh vgn ng Rice vgn ng	8 Roasted Chicken Mac & Cheese vgt Vegan Mac & Cheese Veg of the Day vgn ng	9 CASE PREORDER DEADLINE	10 Turkey Meatloaf Mashed Potatoes Veg of the Day vgn ng Tofu Butternut Stew vgn ng	11 JUNE MEMBER APPRECIATION CELEBRATION 10AM-2PM Chef's Choice vgn ng
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12 Chef's Choice vgn ng	13 Tuna Noodle Supreme Red Pepper Tofu vgn ng Roasted Veggies vgn ng	14 SAVE! CO+ \$5 DINNER 4:30-7PM LUNCH: Cheesy Chicken & Pasta Tofu Butternut Stew vgn ng Veg of the Day vgn ng Roasted Yams vgn ng	15 B Chicken Enchilada ng Beans & Rice vgn ng Roasted Veggies vgn ng Roasted Tofu vgn ng	16 Red Curry Jumble vgn ng Rice vgn ng Roasted Chicken ng Roasted Yams vgn ng	17 Roasted Chicken Mac & Cheese vgt Vegan Mac & Cheese Veg of the Day vgn ng	18 FREEDOM DAY CELEBRATION BANDSHELL PARK 3-10PM
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19 HAPPY JUNETEENTH & FATHER'S DAY Chef's Choice vgn ng	20 Tandoori Chicken ng Dragon Tofu vgn ng Rice vgn ng Veg of the Day vgn ng	21 Green Curry Tropical Chicken vgn ng Thai Tempeh vgn ng Rice vgn ng	22 Roasted Chicken Mac & Cheese vgt Vegan Mac & Cheese Veg of the Day vgn ng	23 CASE PREORDER DEADLINE	24 TINY DECK 6-7:30PM: MIANN Turkey Meatloaf Mashed Potatoes Veg of the Day vgn ng Tofu Butternut Stew vgn ng	25 Chef's Choice vgn ng
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26 Chef's Choice vgn ng	27 Cheesy Chicken & Pasta Tofu Butternut Stew vgn ng Veg of the Day vgn ng Roasted Yams vgn ng	28 SAVE! CO+ Tuna Noodle Supreme Red Pepper Tofu vgn ng Roasted Veggies vgn ng	29 Chicken Enchilada ng Beans & Rice vgn ng Roasted Veggies vgn ng Roasted Tofu vgn ng	30 Tandoori Chicken ng Dragon Tofu vgn ng Rice vgn ng Veg of the Day vgn ng
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B Board Meeting
CO+ New Co+op Deals & Double Deal Tues!
 Case Preorders Due
ng made w/o gluten
vgt vegetarian
vgn vegan

