



SUN

MON

TUES

WED

THURS

FRI

SAT

1  
Sloppy Joes  
Tempeh Sloppy Joes **vgn ng**  
Roasted Potatoes **vgn ng**  
Veg of the Day **vgn ng**

2 **SAVE! CO+**  
Curry Tropical Chicken **ng**  
Chickpea Curry **vgn ng**  
Veg of the Day **vgn ng**  
Rice **vgn ng**

3  
Seitan Stew  
Chicken A La King  
Rice **vgn ng**  
Veg of the Day **vgn ng**

4  
Grn Enchilada Pie **vgt ng**  
Baked Chicken Enchilada  
Mexican Rice **vgn ng**  
Veg of the Day **vgn ng**

5 **TINY DECK**  
6-7:30PM: BEN SCHRAG  
& THE CAUTIONARIES  
Meat & Cheese Lasagna  
Thai Butternut Curry **vgn ng**  
Garlic cheese Bread **vgt**  
Veg of the Day **vgn ng**

6  
Chef's Choice **vgn ng**

7  
Chef's Choice **vgn ng**

8  
Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Parmesan Rstd Potatoes

9  
Pork Chili Verde **ng**  
Tofu Chili Verde **vgn ng**  
Yellow Rice **vgn ng**

10  
Greek Meatballs  
Mashed Potatoes **ng**  
Lentil Meatballs in  
Marinara **vgn**  
Veg of the Day **vgn ng**

11 **CASE PREORDER DEADLINE**  
Cheesy Chicken & Pasta  
Rice **vgn ng**  
Thai Red Mushroom Curry  
**vgn ng**

12 **TINY DECK**  
6-7:30PM: ADAM KINDRED  
BBQ Chicken **ng**  
BBQ Tofu **vgn ng**  
O'Brien Potatoes **vgn ng**

13  
Chef's Choice **vgn ng**

**SAVE!**  
**WELLNESS WHENEVER**  
Member-Owners and  
Student Discount save  
15% on one Supplement/  
Body Care shopping trip  
during August.  
Learn more >>>wheatsfield.  
coop/savings

15 **BOARD APPLICATION DEADLINE 11:59PM**

16 **SAVE! CO+**  
Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Parmesan Rstd Potatoes

17  
Lemon Pepper Chicken  
Red Pepper Tofu **vgn ng**  
Roasted Yams **vgn ng**  
Veg of the Day **vgn ng**

18  
Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Parmesan Rstd Potatoes

19 **TINY DECK 6-7:30PM IOWA**  
NO MOUNTAIN BOYS  
Meat & Cheese Lasagna  
Thai Butternut Curry **vgn ng**  
Garlic cheese Bread **vgt**  
Veg of the Day **vgn ng**

20  
Chef's Choice **vgn ng**

**TRUCKLOAD Sale!**

21  
Chef's Choice **vgn ng**

22  
Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Parmesan Rstd Potatoes

23  
BBQ Chicken **ng**  
BBQ Tofu **vgn ng**  
O'Brien Potatoes **vgn ng**

24 **B**  
Cheesy Chicken & Pasta  
Rice **vgn ng**  
Mushroom Curry **vgn ng**

25 **CASE PREORDER DEADLINE**  
Lemon Pepper Chicken  
Red Pepper Tofu **vgn ng**  
Roasted Yams **vgn ng**  
Veg of the Day **vgn ng**

26 **TINY DECK**  
6-7:30PM: FRED LOVE  
Greek Meatballs  
Mashed Potatoes **ng**  
Lentil Meatballs **vgn**  
Veg of the Day **vgn ng**  
Roasted Veggies **vgn ng**

27  
Chef's Choice **vgn ng**

**SOUPS DAILY**

28  
Chef's Choice **vgn ng**

29  
Sloppy Joes  
Tempeh Sloppy Joes **vgn**  
Roasted Potatoes **vgn ng**  
Veg of the Day **vgn ng**

30 **SAVE! CO+**  
Pork Chili Verde **ng**  
Tofu Chili Verde **vgn ng**  
Yellow Rice **vgn ng**

31  
Lasagna Florentine **vgt**  
Herb Rstd Chicken **ng**  
Parmesan Rstd Potatoes

**AUG**  
CO-OP EVENTS & DELI MENU  
subject to change

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

