



SEPT

CO-OP EVENTS & DELI MENU
subject to change

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

THURS

FRI

SAT

4
Chef's Choice **vgn ng**

5 **OPEN LABOR DAY 8AM-9PM**
Chicken Enchiladas Beans & Rice **vgn ng**
Southwest Mac **vgt**
Veg of the Day **vgn ng**

6
Shoyu Chicken
Dragon Tofu
Brsd Greens & Beans **g**

7
Meat & Cheese Lasagna
Vegan Mac & Cheese
Rstd Veggies **vgn ng**

8 **CASE PREORDER DEADLINE**
Rstd Chicken **ng**
Ratatouille **vgn ng**
Cheese Polenta **vgt**
Rice **vgn ng**

9
Turkey Meatloaf
Baked Beans **vgn ng**
BBQ Tofu **vgn ng**

10 **REGISTER TO VOTE 10AM-2PM**
League of Women Voters of Ames and Story County
Chef's Choice **vgn ng**



11
Chef's Choice **vgn ng**

12
Thai Tempeh **vgn ng**
Curry Chicken **vgn ng**
Sauteed Cabbage **vgn ng**

13 **SAVE!**
Broccoli Tofu **vgn ng**
Rice **vgn ng**
Rstd Veggies **vgn ng**

14
Tandoori Chicken **ng**
Baked Tofu **vgn ng**
Chickpea Curry **vgn ng**

15
Tuna Noodle Supreme
Green Beans **vgn ng**
Ginger Tofu **vgn ng**
Veggie Mac Bake **vgt**

16
Chicken Tikka Masala **ng**
Curry Kale **vgn ng**
Rice **vgn ng**
Indian Lentils & Sweet Potatoes **vgn ng**

17
Chef's Choice **vgn ng**

18
Chef's Choice **vgn ng**

19
Bkd Chicken Enchiladas Beans & Rice **vgn ng**
Southwest Mac **vgt**
Veg of the Day **vgn ng**

20 **REGISTER TO VOTE 11AM-4PM**
League of Women Voters of Ames and Story County
Shoyu Chicken **ng**
Dragon Tofu **vgn ng**
Greens & Beans **vgn ng**

21 **B**
Meat & Cheese Lasagna
VGN Mac & Cheese
Rstd Veggies **vgn ng**

22
Rstd Chicken **ng**
Ratatouille **vgn ng**
Cheese Polenta **vgt**
Rice **vgn ng**

23
Turkey Meatloaf
Baked Beans **vgn ng**
BBQ Tofu **vgn ng**

24 **MEMBER APPRECIATION DAY 10AM-2PM**
Chef's Choice **vgn ng**



25
Chef's Choice **vgn ng**

26
Thai Tempeh **vgn ng**
Curry Chicken **vgn ng**
Sauteed Cabbage **vgn ng**

27
Sloppy Joes (meat & vgn)
Mac & Cheese **vgt**
Rstd Potatoes **vgn ng**

28
Tandoori Chicken **ng**
Baked Tofu **vgn ng**
Chickpea Curry **vgn ng**

29 **CASE PREORDER DEADLINE**
Tuna Noodle Supreme
Green Beans **vgn ng**
Ginger Tofu **vgn ng**
Veggie Mac Bake **vgt**

30
Chicken Tikka Masala **ng**
Curry Kale **vgn ng**
Rice **vgn ng**
Lentils & Swt Tots **vgn ng**

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