



SUN

MON

TUES

WED

THURS

FRI

SAT

MAR

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

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

1 FRESH FISH FRIDAY!
FIRST FRIDAY WINE & CHEESE
Cheesy Chicken Pot Pie
Dragon Tofu **vgn ng**
Veg of the Day **vgn ng**

2 Chef's Choice **vgn ng**
SOUPS DAILY

3 LEARN
HOW TO MAKE KIMCHI
2-3:30PM, **SOLD OUT**
Chef's Choice **vgn ng**

4
Pork Chili Verde **ng**
Grn Enchilada Pie
Yellow Rice **vgn ng**
Veg of the Day **vgn ng**

5
Tacos
Vegan Tacos
Yellow Rice **vgn ng**

6
Sweet & Sour Chicken
Sweet & Sour Tofu **vgn ng**
Rice **vgn ng**

7 CASE PREORDER DEADLINE
Shoyu Chicken
Shoyu Tofu **vgn ng**
Herb Rstd Potatoes **vgn ng**

8 FRESH FISH FRIDAY!
HAPPY INTL' WOMEN'S DAY
Turkey Meatloaf
Rstd Potatoes **vgn ng**
Vegan Ale Glazed Ham
Roast **vgn**

9
Chef's Choice **vgn ng**

10 RAMADAN & DAYLIGHT SAVINGS BEGIN
Chef's Choice **vgn ng**

11 spring break!
Tandoori Chicken
Curry Mango Seitan **vgn**
Rice **vgn ng**
Rstd Veggies **vgn ng**

12 SAVE! CO+
Meat & Cheese Lasagna
Garlic Cheese Bread **vgt**
Vegan Mac & Cheese

13
Herb Rstd Chicken **ng**
Rstd Yams **vgn ng**
Veg of the Day **vgn ng**

14 CHEESE MADNESS
PI DAY
Sloppy Joes
Vegan Sloppy Joes
Rstd Potatoes **vgn ng**

15 FRESH FISH FRIDAY!
Corned Beef & Cabbage **ng**
Colcannon **vgn ng**

16 LEARN
DIY HERBAL LOTION BARS, 2:30-4PM, RSVP
Chef's Choice **vgn ng**



17 ST PATRICK'S DAY
Chef's Choice **vgn ng**

18 MARCH mini MEMBER DRIVE
Mar 18-29
Pork Chili Verde **ng**
Grn Enchilada Pie
Yellow Rice **vgn ng**
Veg of the Day **vgn ng**

19 FIRST DAY OF SPRING
Tacos
Vegan Tacos
Yellow Rice **vgn ng**

20 B
Sweet & Sour Chicken
Sweet & Sour Tofu **vgn ng**
Rice **vgn ng**

21
Shoyu Chicken
Shoyu Tofu **vgn ng**
Herb Rstd Potatoes **vgn ng**

22 FRESH FISH FRIDAY!
Cheesy Chicken Pot Pie
Dragon Tofu **vgn ng**
Veg of the Day **vgn ng**

23 MARCH MEMBER appreciation
10 AM-2PM
Chef's Choice **vgn ng**

24 LEARN
KIDS HANDS ON CLASS
1-2:30PM, **RSVP**
Chef's Choice **vgn ng**

25
Tandoori Chicken
Curry Mango Seitan **vgn**
Rice **vgn ng**
Rstd Veggies **vgn ng**

26
Meat & Cheese Lasagna
Garlic Cheese Bread **vgt**
Vegan Mac & Cheese

27 LEARN
HOW TO GROW FOOD IN IOWA SOLD OUT!

28 CASE PREORDER DEADLINE
Sloppy Joes
Vegan Sloppy Joes
Rstd Potatoes **vgn ng**

29 FRESH FISH FRIDAY!
Turkey Meatloaf
Rstd Potatoes **vgn ng**
Vegan Ale Glazed Ham
Roast **vgn**

30 EGG HUNT at the co-op
All Day!
Meat & Cheese Lasagna
Vegan Mac & Cheese
Garlic Cheese Bread **vgt**

31 HAPPY EASTER! OPEN REGULAR HOURS 8am-8pm
Chef's Choice **vgn ng**

Tandoori Chicken
Curry Mango Seitan **vgn**
Rice **vgn ng**
Rstd Veggies **vgn ng**