

SUN

MON

TUES

WED

THURS

FRI

SAT

**WELLNESS WHENEVER**  
Member-Owners and Student Discount save 15% on one Supplement/Body Care shopping trip during JULY 2026.  
Learn more >>>wheatsfield.coop/savings

# JULY

## CO-OP EVENTS & DELI MENU

subject to change

5

Chef's Choice **vgn ng**

6

Hot Dogs  
Tofurky Dogs **vgn**  
Mac & cheese **vgt**  
Baked Beans **vgn ng**

7

Shawarma Chkn Breast **ng**  
Lentils & Kale **vgn ng**  
Yellow Rice **vgn ng**

1

Sweet Jerk Chicken **ng**  
Sweet Jerk Tofu **vgn ng**  
Mashed Yams **vgn ng**  
Cilantro Pea Rice **vgn ng**

2

Cheesy Mac & Beef  
Vgn Mac & Cheese **vgn**  
Rstd Potatoes **vgt ng**

3

**TINY DECK**  
6-7:30PM:  
**ROAMIN' JOHN**

Chicken Vindaloo **ng**  
Tofu Vindaloo **vgn ng**  
Creamed Spinach **vgn ng**  
White Rice **vgn ng**

4

**BRATS & DOGS**  
**ON THE HOT BAR!**  
11am - 3pm

**EAT LUNCH WITH US!**

NO EVENING HOTBAR

**CO-OP CLOSSES AT 6PM**

12

**SOUPS**  
**DAILY**

Chef's Choice **vgn ng**

13

Tandoori Chicken **ng**  
Spicy Squash **vgn ng**  
Yellow Rice **vgn ng**

14

**SAVE!**

Thai Chicken Curry  
Sweet Ginger Tofu **vgn ng**  
White Rice **vgn ng**

15

**B**  
Chkn Artichoke Casserole  
Cheese Lasagna **vgt**  
Greens & Beans **vgn ng**

16

Cheesy Ham & Potatoes  
Mushroom Pilaf **vgn ng**  
Rstd Cauliflower **vgn ng**

17

**TINY DECK**  
6-7:30PM:  
**CASEY JOE COLLINS**

Shredded Buffalo Chkn **ng**  
Tempeh Joes **vgn ng**  
Rstd Potatoes **vgn ng**

18

Chef's Choice **vgn ng**

**HOUSE**  
**MADE**

19

Chef's Choice **vgn ng**

20

Tuna Noodle Casserole  
Colcannon **vgn ng**  
Rstd Brussel Sprouts **vgn ng**

21

**LEARN** **RSVP:**  
**DIY FOOD STORAGE:**  
**DITCH THE PLASTIC**  
5:30-7:00PM

Chicken Enchiladas **ng**  
Vegan Tacos **vgn ng**  
Mexican Rice **vgn ng**

22

Sweet Jerk Chicken **ng**  
Sweet Jerk Tofu **vgn ng**  
Mashed Yams **vgn ng**  
Cilantro Pea Rice **vgn ng**

23

Cheesy Mac & Beef  
Vgn Mac & Cheese **vgn**  
Rstd Potatoes **vgt ng**

24

**TINY DECK**  
6-7:30PM:  
**BEN SCHRAG & THE CAUTIONARIES**

Chicken Vindaloo **ng**  
Tofu Vindaloo **vgn ng**  
Creamed Spinach **vgn ng**  
White Rice **vgn ng**

25

**LOCAL SALE**  
**SAMPLES**



**11-1PM**

Chef's Choice **vgn ng**

26

Chef's Choice **vgn ng**

27

Tofurky Dogs **vgn ng**  
Mac & Cheese **vgt**  
Baked Beans **vgn ng**

28

Shawarma Chicken **ng**  
Lentils with Kale **vgn ng**  
Yellow Rice **vgn ng**

29

**RSVP**  
**NEW MEMBER**  
**ORIENTATION**  
5:30-6PM

Bacon & Bleu Mac  
3 Cheese Polenta **vgt ng**  
Maple Dijon Tofu **vgn ng**

30

Chicken Tikka Masala **ng**  
Chickpea Masala **vgn ng**  
White Rice **vgn ng**

31

**TINY DECK**  
6-7:30PM:  
**DAY ASHWORTH**

Herb Roasted Chkn **ng**  
Seitan Stew **ng**  
Maple Yams **vgn ng**

**B** Board Meeting  
 New Co-op Deals & Double Deal Tues!  
 Case Preorders Due  
 Thirsty Thursday 4-6PM

**ng** made w/o gluten  
**vgt** vegetarian  
**vgn** vegan