

SUN

MON

TUES

WED

THURS

FRI

SAT

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

AUGUST

CO-OP EVENTS & DELI MENU

subject to change

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

1

Chef's Choice **vgn ng**



**HOUSE
MADE**

Chef's Choice **vgn ng**

2

Chef's Choice **vgn ng**

3

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

4

LEARN

RSVP:

**KIDS COOKING CLASS:
 READY, SET, SNACK!
 5:30-7:00PM**

SAVE! **CC+**

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

5

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

6

LEARN

RSVP:

**WILD FORAGING
 @ONION CREEK
 5:00-6:30PM**

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

7

**TINY DECK
 6-7:30PM:
 TODD PARTRIDGE**

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

8

Chef's Choice **vgn ng**

9

**SOUPS
 DAILY**



Chef's Choice **vgn ng**

10

**BOARD
 APPLICATION
 DEADLINE!!**

Tuna Noodle Casserole
 Colcannon **vgn ng**

11

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

12

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

13

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

14

**TINY DECK
 6-7:30PM:
 PERFECT STRANGERS**

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

15

Chef's Choice **vgn ng**

16

Chef's Choice **vgn ng**

17

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

18

SAVE! **CC+**

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

19

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

20

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

21

**TINY DECK
 6-7:30PM:
 COFFEE SHOP
 ROMANCE**

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

22

Chef's Choice **vgn ng**

30

**BACK
 TO
 SCHOOL
 SALE!**

Chef's Choice **vgn ng**

31

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

Tuna Noodle Casserole
 Colcannon **vgn ng**

25

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

26

RSVP

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

B

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

27

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

28

**TINY DECK
 6-7:30PM:
 DOOMED PIONEERS**

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

29

Chef's Choice **vgn ng**