



SUN MON TUES WED THURS FRI SAT

OCT

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
Home Football Game
ng made w/o gluten
vgt vegetarian vgn vegan

1
2027 BOARD ELECTION BEGINS
Meat & Cheese Lasagna
Tempeh Goulash **vgn ng**
Braised Greens **vgn ng**
Veg of the Day **vgn ng**

2
WELLNESS WHENEVER
Member-Owners and Student Discount save 15% on one Supplements & Body Care shopping trip during OCTOBER 2026.
Learn more wheatsfield.coop/savings

3
Chef's Choice **vgn ng**

4
RSVP
CLASS: GENTLE YOGA ON THE DECK, 10AM
Chef's Choice **vgn ng**

5
Chicken A La-King **ng**
Columbian Lentils **vgn ng**
Veg of the Day **vgn ng**

6
Chicken Enchiladas **ng**
Grn Enchilada Pie **vgt ng**
Beans & Rice **vgn ng**
Veg of the Day **vgn ng**

7
Swedish Meatballs
Mashed Potatoes **vgt ng**
Tofu Red Sauce **vgn ng**
Veg of the Day **vgn ng**

8
Lemon Dill Chicken **ng**
Veggie Bake **vgn ng**
Roasted Yams **vgn ng**
Veg of the Day **vgn ng**

9
Pork Chile Verde **ng**
Cilantro Ginger Tofu **vgt ng**
Cilantro Pea Rice **vgn ng**
Veg of the Day **vgn ng**

10
3 DAY BULK SALE!
Chef's Choice **vgn ng**

11
SOUPS DAILY
Chef's Choice **vgn ng**

12
INDIGENOUS PEOPLE'S DAY
Chicken Gumbo
Tofu Gumbo **vgn**
Brown Rice **vgn ng**
Veg of the Day **vgn ng**

13
RSVP
CLASS: 5PM, HOWLER GROWLER, SPOOKY ARRANGEMENTS
Beef Tacos **ng**
Veggie Tacos **vgn ng**
Mexican Rice **vgn ng**
Veg of the Day **vgn ng**

14
BBQ Chicken Breasts **ng**
BBQ Tofu **vgn ng**
Texas Style Beans **vgn ng**
Brown Rice **vgn ng**

15
Penne Chicken Andouille
Creole Beans **vgn ng**
Veg of the Day **vgn ng**

16
Shoyu Chicken **ng**
Butternut Curry **vgn ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

17
HOUSE MADE
Chef's Choice **vgn ng**

18
Chef's Choice **vgn ng**

19
Sweet Sour Chicken **ng**
Basmati Rice **vgn ng**
Veg of the Day **vgn ng**

20
SAVE!
RSVP
ANNUAL MEETING TORRENT BREWING 5-8PM
Mongolian Chicken **ng**
Hunan Broc Tofu **vgn ng**
White Rice **vgn ng**
Veg of the Day **vgn ng**

21
Cheesy Chicken Rice **ng**
Tofu Butternut Stew **vgn ng**
Herb Potatoes **vgn ng**
Veg of the Day **vgn ng**

22
Meat & Cheese Lasagna
Tempeh Goulash **vgn ng**
Braised Greens **vgn ng**
Veg of the Day **vgn ng**

23
Amchar Coconut Masala
Chicken Breasts **ng**
Two Bean Curry **vgn ng**
Yellow Rice **vgn ng**

24
Chef's Choice **vgn ng**

25
Chef's Choice **vgn ng**

26
Chicken A La-King **ng**
Columbian Lentils **vgn ng**
Veg of the Day **vgn ng**

27
LEARN
CLASS: DANDELION KIMCHI, 5:30PM RSVP
Chicken Enchiladas **ng**
Grn Enchilada Pie **vgt ng**
Beans & Rice **vgn ng**
Veg of the Day **vgn ng**

28
RSVP
NEW MEMBER ORIENTATION 5:30-6PM
Swedish Meatballs
Mashed Potatoes **vgt ng**
Tofu Red Sauce **vgn ng**
Veg of the Day **vgn ng**

29
Lemon Dill Chicken **ng**
Veggie Bake **vgn ng**
Roasted Yams **vgn ng**
Veg of the Day **vgn ng**

30
Pork Chile Verde **ng**
Cilantro Gngr Tofu **vgt ng**
Cilantro Pea Rice **vgn ng**
Veg of the Day **vgn ng**

31
TRICK OR TREAT AT THE CO-OP 11AM-1PM
Chef's Choice **vgn ng**