

Co-op Kitchen Grab 'N' Go Menu

MONDAY

	Serves	Price
Veggie Mac n Cheese	2-3	\$9.99
Chicken Tikka Masala (WF)	1	\$8.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99
Veggie Lo Mein Bowl (V)	1	\$6.99

TUESDAY

Pineapple Teriyaki Chicken, Pork Fried Rice, and Sesame Stir Fry (WF, DF)	1-2	\$11.99
Pork Fried Rice (WF, DF)	1	\$4.99
Coconut Curry Tofu (V, WF)	1	\$6.99
Vegan Enchiladas (V, WF)	2-3	\$9.99

WEDNESDAY

Ginger Miso Bowl with Wild Pacific Salmon (WF, DF)	1	\$9.99
Vegetable Medley (WF, V)	1	\$2.99
Chicken Enchiladas (WF)	1-2	\$11.99
Meat Lasagna	2-3	\$10.99

THURSDAY

Chicken Tikka Masala (WF)	1	\$8.99
Chicken Tikka Masala, and Indian Rice (WF)	1	\$11.99
Veggie Lo Mein Bowl (V)	1	\$6.99

FRIDAY

Thai Chicken, Veggie Fried Rice (WF, DF)	1-2	\$11.99
Thai Peanut Tofu, Veggie Fried Rice, and Yellow Veggie Curry (WF, DF)	1-2	\$9.99
Yellow Veggie Curry (V, WF)	1	\$5.99
Veggie Mac n Cheese	2-3	\$9.99

SATURDAY

Pineapple Teriyaki Chicken, Pork Fried Rice, and Sesame Stir Fry (WF, DF)	1-2	\$11.99
Pork Fried Rice (WF, DF)	1	\$4.99
Vegan Enchiladas (V, WF)	2-3	\$9.99

SUNDAY

Ginger Miso Bowl with Wild Pacific Salmon (WF, DF)	1	\$9.99
Herb Chicken, Vegan Mashers, and Simply Delicious Corn (WF)	1-2	\$11.99
Vegan Mashers (V, WF)	1	\$3.99
Chicken Enchiladas (WF)	1-2	\$11.99
Meat Lasagna	2-3	\$10.99

All food ready to heat & eat. Available in-store and for pick-up & delivery. \$30 order minimum applies for pick-up & delivery

V: Vegan, DF: Dairy free, WF: Wheat free

Now more than ever, having some help in the kitchen is a wonderful thing. That's why the Co-op Kitchen is cooking up delicious Grab 'N' Go versions of our hot bar favorites. This daily menu of meals and sides offers vegan, dairy free, and wheat free options for pick-up and delivery.

Looking for a favorite dish from a different day? Ask if it's still available! We also continue to offer deli salads, heat-and-eat soups, and breakfast pastries; inquire about today's selections.

And don't forget dessert! Freshly baked treats like our famous cupcakes, slices of decadent cheesecake, or a 4-pack of homemade cookies are all available from our in-house bakery.

Let us Cook for You!



Our new Grab 'N' Go Garden Salad, available daily



South Store

1007 SE Third St.
(541) 753-3115



North Store

2855 NW Grant Ave.
(541) 452-3115

Open daily 8am - 8pm

temporarily reduced hours

@firstaltcoop   