

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# March 2024

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lunch & Dinner: Hunan Tofu & Broccoli (Vn, Wf)	2 Lunch & Dinner: Chicken Pot Pie
3 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	4 Lunch & Dinner: Beef Panang Curry (Wf)	5 Lunch & Dinner: Veggie Fajita Bake (Vg)	6 Lunch & Dinner: Lemongrass Chicken (Wf)	7 Lunch & Dinner: Samurai Seitan (Vn)	8 Lunch & Dinner: Rainbow Trout w/ Fire Roasted Tomatoes (Wf)	9 Lunch & Dinner: Chicken Pot Pie
10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	11 Lunch & Dinner: Jamaican Jerk Tempeh (Vn, Wf)	12 Lunch & Dinner: Chicken Vindaloo (Wf)	13 Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	14 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	15 Lunch & Dinner: Indonesian Spiced Coconut Tofu (Vg)	16 Lunch & Dinner: Chicken Pot Pie
17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	18 Lunch & Dinner: Sweet & Spicy Tomato Chicken (Wf)	19 Lunch & Dinner: Hunan Tofu & Broccoli (Vn)	20 Lunch & Dinner: Pork Steamed Rice (Wf)	21 Lunch & Dinner: Beef Panang Curry (Wf)	22 Lunch & Dinner: Rainbow Trout w/ Fire Roasted Tomatoes (Wf)	23 Lunch & Dinner: Chicken Pot Pie
24 / 31 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	25 Lunch & Dinner: Black Bean Enchiladas (Vg)	26 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	27 Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	28 Lunch & Dinner: Swedish Meatballs	29 Lunch & Dinner: Zucchini Feta Bake (Vg)	30 Lunch & Dinner: Chicken Pot Pie

Dietary Designations: Vg = Vegetarian, Vn = Vegan, Wf = Wheat Free

# The Neighborhood Co-op

1815 West Main St, Carbondale

[www.neighborhood.coop](http://www.neighborhood.coop)

618.529.3533

Welcome to the Neighborhood!

## March 2024

**Full Service Lunch And Dinner Buffet Includes Roasted Chicken, Roasted Potatoes, Seasonal Vegetables, Organic Black Beans, Mac & Cheese, Hot Soup, Chicken Pot Pie, Organic Brown Rice**

## Pizza & Sandwiches

### Made-From-Scratch Hot Pizza Collection (daily menu varies)

4-Cheese (mozzarella, provolone, parmesan, and Romano cheeses on our homemade tomato sauce)	Vegan Special (made with Daiya™ dairy-free cheese and assorted vegetables)	Classic Italian Veggie (4-cheeses, mushrooms, onions, and bell peppers)	Chicken Pesto (with basil pesto sauce and roasted chicken breast)
Spinach Mushroom Alfredo (creamy Alfredo sauce base with organic baby spinach and fresh mushrooms)	Bacon, Spinach, and Onion (with apple smoked pork bacon, organic baby spinach, and red onions)	Pepperoni (made with uncured Metro Deli™ pepperoni and 4-cheese blend)	

### Signature Sandwiches (served cold or fresh from the oven)

<b>Italian Focaccia Panini</b> (black forest ham and roasted turkey breast, provolone, and red onion slices on a made-from-scratch herb focaccia smeared with basil pesto)	<b>Corned Beef Reuben</b> (corned beef, Swiss cheese, and Russian dressing on marble rye bread)	<b>Shawnee Sunshine</b> (tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	<b>Seitan Reuben</b> (homemade pastrami-style seitan, Swiss cheese, and vegan Russian dressing on toasted marble rye bread)
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### Hot Grab-n-Go Sandwiches and Burritos (fresh from the oven)

<b>Fiesta Chicken Burrito</b> (roasted chicken, organic black beans, sweet corn, cheddar cheese, and a blend of smokey peppers, cilantro, and spices on a spinach wrap)	<b>Bean and Cheese Burrito</b> (organic pinto and/or black beans, onions, bell peppers, spices and cheddar cheese packed in a spinach tortilla)	<b>Turkey Pesto Sandwich</b> (roasted turkey breast, basil pesto, and melted provolone cheese on a pretzel bun)	<b>Pretzel Grilled Cheese</b> (a crusty pretzel bun topped with Swiss, cheddar, and pepper-jack cheese)
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