Hot Bar opens at 11:00 am



Join us for dinner, too!

March 2024

Hot Bar Entrée Menu

Hunan Tofu & Broccoli (Vn, Wf) Hunan Tofu & Broccoli (Vn, Wf)	TIOU DOLL ELITING						
3 Lunch & Dinner: Chicken Seasonal Vegetables 10 11 Lunch & Dinner: Chicken Jamaican Jerk Nuggets, Black Beasn, Rice, Seasonal Vegetables 17 18 Lunch & Dinner: Chicken Seasonal Vegetables 18 Lunch & Dinner: Chicken Wf) 19 Lunch & Dinner: Chicken Vindaloo (Wf) Chicken Chicken (Wf) 10 2 11 2 2 13 14 15 Lunch & Dinner: Chicken Vindaloo (Wf) Chicken Chicken (Wf) Casserole (Vn, Wf) Chicken (Wf) Chicken (Wf) Chicken Chicken (Wf) Ch	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Lunch & Dinner: Chicken Seasonal Vegetables 10 11 Lunch & Dinner: Chicken Jamaican Jerk Nuggets, Black Beasn, Rice, Seasonal Vegetables 17 18 Lunch & Dinner: Chicken Seasonal Vegetables 18 Lunch & Dinner: Chicken Wf) 19 Lunch & Dinner: Chicken Vindaloo (Wf) Chicken Chicken (Wf) 10 2 11 2 2 13 14 15 Lunch & Dinner: Chicken Vindaloo (Wf) Chicken Chicken (Wf) Casserole (Vn, Wf) Chicken (Wf) Chicken (Wf) Chicken Chicken (Wf) Ch						1	2
Broccoli (Vn, Wf) Broccoli (Vn, Wf)						Lunch & Dinner:	Lunch & Dinner:
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 18 19 20 Lunch & Dinner: Lunc						Broccoli (Vn,	Chicken Pot Pie
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 18 19 20 Lunch & Dinner: Lunc	3	4	5	6	7	8	9
Nuggets, Black Beans, Rice, Seasonal Vegetables 10	Ŭ	Lunch & Dinner:			•	ľ	Lunch & Dinner:
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 18 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 17 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 18 Lunch & Dinner: Chicken (Wf) 19 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 20 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 21 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 22 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 23 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 24 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 24 Lunch & Dinner: Chicken Spiced Coconut Tofu (Vg) 25 Lunch & Dinner: Chicken Spiced Coconut Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken Coliner: Chicken Spiced Coconut Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken Spiner: Chicken Spiced Coconut Chicken (Wf) Lunch & Dinner: Chicken Spiced Coconut Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken (Wf) Chicken Spiner: Chicken Spiced Coconut Chicken (Wf) Chicken Spiner: Chicken Spiner: Chicken Spiced Coconut Chicken (Wf) Chicken Spiner: Chicken (Wf)	Nuggets, Black Beans, Rice, Seasonal					w/ Fire Roasted	Chicken Pot Pie
Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 17	10	11	12	13	14	15	16
Nuggets, Black Beans, Rice, Seasonal Vegetables Tempeh (Vn, Wf) Vindaloo (Wf) Casserole (Vn, Wf) Casserole (Vn, Wf) Casserole (Vn, Wf) Artichoke Chicken (Wf) Spiced Coconut Tofu (Vg) Tofu (Vg) Spiced Coconut Tofu (Vg) Lunch & Dinner: Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 24 / 31 Lunch & Dinner: Chicken Nuggets, Black Bean Nuggets, Black Beans, Rice, Seasonal Nuggets, Black Bean Rice, Seasonal Nuggets, Black Bean Enchiladas (Vg) Artichoke Chicken (Wf) Casserole (Vn, Wf) Casserole (Vn, Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Casserole (Vn, Artichoke Chicken (Vf) Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Artichoke Chicken (Vf) Casserole (Vn, Wf) Artichoke Chicken (Vf) Casserole (Vn, Wf)	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 24 / 31 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	Nuggets, Black Beans, Rice, Seasonal	Tempeh (Vn,		Casserole (Vn,	Artichoke	Spiced Coconut	Chicken Pot Pie
Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables 24 / 31 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Nuggets, Black Bean Rice, Seasonal Nuggets, Black Beans, Rice, Seasonal Nuggets, Black Bean Enchiladas (Vg) Seasonal Chicken (Wf) Broccoli (Vn) Pork Steamed Rice (Wf) Pork Steamed Rice (Wf) Pork Steamed Rice (Wf) Pork Steamed Rice (Wf) Curry (Wf) Rainbow Trout w/ Fire Roasted Tomatoes (Wf) Chicken Pot Fire Roasted Tomatoes (Wf)	17	18	19	20	21	22	23
Nuggets, Black Beans, Rice, Seasonal Vegetables 24 / 31 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Chicken Nuggets, Black Beans, Rice, Seasonal Chicken Chicken Nuggets, Black Beans, Rice, Seasonal Chicken Nuggets, Black Beans, Rice, Seasonal Chicken Chicken (Wf) Rice (Wf) Rice (Wf) Curry (Wf) W/ Fire Roasted Tomatoes (Wf) Lunch & Dinner: Cajun Okra Cajun Okra Casserole (Vn, Wf) Curry (Wf) W/ Fire Roasted Tomatoes (Wf) Curry (Wf) W/ Fire Roasted Tomatoes (Wf) Chicken (Wf) Curry (Wf) W/ Fire Roasted Tomatoes (Wf) Curry (Wf) W/ Fire Roasted Tomatoes (Wf) Chicken (Wf) W/ Fire Roasted Tomatoes (Wf) W/ Fire Roasted Tomatoes (Wf) W/ Fire Roasted Tomatoes (Wf) Chicken (Wf) W/ Fire Roasted Tomatoes (Wf)	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Lunch & Dinner: Cajun Okra Casserole (Vn, Wf) Wf) Lunch & Dinner: Lunch & Dinner: Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	Nuggets, Black Beans, Rice, Seasonal	Tomato Chicken				w/ Fire Roasted	Chicken Pot Pie
Chicken Nuggets, Black Beans, Rice, Seasonal Black Bean Artichoke Chicken (Wf) Cajun Okra Casserole (Vn, Wf)							30
Nuggets, Black Beans, Rice, Seasonal Artichoke Chicken (Wf)	Lunch & Dinner:		Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner:		Lunch & Dinner:
· · · · · · · · · · · · · · · · · · ·	Nuggets, Black Beans, Rice, Seasonal		Artichoke	Casserole (Vn,			Chicken Pot Pie
Dietary Designations: Vg = Vegetarian, Vn = Vegan, Wf = Wheat Free		Dietary Des	signations: Vg =	Vegetarian, Vn	= Vegan, Wf =	Wheat Free	

The Neighborhood Co-op

1815 West Main St, Carbondale 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,	Vegan Special (made	Classic Italian Veggie (4-	Chicken Pesto (with				
provolone, parmesan,	with Daiya™ dairy-free	cheeses, mushrooms,	basil pesto sauce and				
and Romano cheeses on	cheese and assorted	onions, and bell	roasted chicken breast)				
our homemade tomato	vegetables)	peppers)					
sauce)							
Spinach Mushroom	Bacon, Spinach, and	Pepperoni (made with					
Alfredo (creamy Alfredo	Onion (with apple	uncured Metro Deli™					
sauce base with organic	smoked pork bacon,	pepperoni and 4-cheese					
baby spinach and fresh	organic baby spinach,	blend)					
mushrooms)	and red onions)						
Signature Sandwiches (served cold or fresh from the oven)							
Italian Focaccia Panini	Corned Beef Reuben	Shawnee Sunshine	Seitan Reuben				
(black forest ham and	(corned beef, Swiss	(tomato, cucumber,	(homemade pastrami-				
roasted turkey breast,	cheese, and Russian	avocado, cashew cream	style seitan, Swiss				
provolone, and red onion	dressing on marble rye	cheese, and locally	cheese, and vegan				
slices on a made-from-	bread)	grown microgreens on a	Russian dressing on				
scratch herb focaccia		Co-op bagel)	toasted marble rye				
smeared with basil			bread)				
pesto)							
Hot Grab-n-Go Sandwiches and Burritos (fresh from the oven)							
Fiesta Chicken Burrito	Bean and Cheese	Turkey Pesto	Pretzel Grilled Cheese				
(roasted chicken,	Burrito (organic pinto	Sandwich (roasted	(a crusty pretzel bun				
organic black beans,	and/or black beans,	turkey breast, basil	topped with Swiss,				
sweet corn, cheddar	onions, bell peppers,	pesto, and melted	cheddar, and pepper-				
cheese, and a blend of	spices and cheddar	provolone cheese on a	jack cheese)				
smokey peppers,	cheese packed in a	pretzel bun)					
cilantro, and spices on a	spinach tortilla)						
spinach wrap)							