

Hot Bar opens at 11:00
am



Join us for dinner, too!

April 2024

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
Lunch & Dinner:	Lunch & Dinner: Cardamom Honey Chicken (Wf)	Lunch & Dinner: Samurai Seitan (Vn)	Lunch & Dinner: Pork Steamed Rice (Wf)	Lunch & Dinner: Jamaican Jerk Tempeh (Vn, Wf)	Lunch & Dinner: Morrocan Chicken (Df, Wf)	Lunch & Dinner: Chicken Pot Pie
7	8	9	10	11	12	13
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	Lunch & Dinner: Enjoy the Eclipse!	Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	Lunch & Dinner: Hunan Tofu & Broccoli (Vn)	Lunch & Dinner: Beef Panang Curry (Wf)	Lunch & Dinner: Sri Lankan Vegetable Curry (Vn, Wf)	Lunch & Dinner: Chicken Pot Pie
14	15	16	17	18	19	20
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	Lunch & Dinner: Lemon Artichoke Chicken (Wf)	Lunch & Dinner: Jamaican Jerk Tempeh (Vn, Wf)	Lunch & Dinner: Italian Meatball Bake	Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	Lunch & Dinner: Cardamom Honey Chicken (Wf)	Lunch & Dinner: Chicken Pot Pie
21	22	23	24	25	26	27
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	Lunch & Dinner: Samurai Seitan (Vn)	Lunch & Dinner: Pork Steamed Rice (Wf)	Lunch & Dinner: Kung Pao Tofu (Vn)	Lunch & Dinner: Greek Meatballs w/ mushroom sauce	Lunch & Dinner: Black Bean Enchiladas (Vg)	Lunch & Dinner: Chicken Pot Pie
28	29	30				
Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	Lunch & Dinner: Chicken Vindaloo (Wf)	Lunch & Dinner: Sri Lankan Vegetable Curry (Vn, Wf)				

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

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

April 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)

Italian Focaccia Panini (black forest ham and roasted turkey breast, provolone, and red onion slices on a made-from-scratch herb focaccia smeared with basil pesto)	Cubano Banh mi (smoked ham, Cuban spiced pork, Swiss cheese, mustard, and dill pickle slices on a Banh mi bun)	Shawnee Sunshine (tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	Seitan Reuben (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)

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