

Hot Bar opens at 11:00
am



Join us for dinner, too!

August 2022

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch & Dinner: Lemongrass Chicken	2 Lunch & Dinner: Samurai Seitan	3 Lunch & Dinner: Pork Steamed Rice	4 Lunch & Dinner: Jamaican Jerk Tempeh	5 Lunch & Dinner: Swedish Meatballs	6 Lunch & Dinner: Fresh Quiche
7 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	8 Lunch & Dinner: Spicy Brazilian Coconut Tofu	9 Lunch & Dinner: Moo Goo Gai Pan	10 Lunch & Dinner: Sweet & Sour Tofu	11 Lunch & Dinner: Lemon Artichoke Chicken	12 Lunch & Dinner: Tempeh Cacciatore	13 Lunch & Dinner: Fresh Quiche
14 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	15 Lunch & Dinner: Maple Glazed Chicken	16 Lunch & Dinner: Red Curry Vegetables	17 Lunch & Dinner: Chicken Satay	18 Lunch & Dinner: Hunan Tofu & Broccoli	19 Lunch & Dinner: Swedish Meatballs	20 Lunch & Dinner: Fresh Quiche
21 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	22 Lunch & Dinner: Indonesian Spiced Coconut Tofu	23 Lunch & Dinner: Lemon Artichoke Chicken	24 Lunch & Dinner: Pork Steamed Rice	25 Lunch & Dinner: Samurai Seitan	26 Lunch & Dinner: Lemongrass Chicken	27 Lunch & Dinner: Fresh Quiche
28 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	29 Lunch & Dinner: Cardamom Honey Chicken	30 Lunch & Dinner: Spicy Brazilian Coconut Tofu	31 Lunch & Dinner: Chicken Satay			

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

August 2022

**Full Service Lunch And Dinner Buffet Includes Springer Mountain™
Roasted Chicken, Roasted Potatoes, Seasonal Vegetables, Organic
Black Beans, Mac & Cheese, Hot Soup, 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)	Tracy's Special (with artichoke hearts, walnuts, and feta cheese)

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)	Seitan Reuben (homemade pastrami-style seitan, Swiss cheese, and vegan Russian dressing on toasted marble rye bread)	Shawnee Sunshine (tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	Cubano Banh mi (smoked ham, Cuban spiced pork, Swiss cheese, mustard, and dill pickle slices on a Banh mi bun)
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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 brioche bun)	Pretzel Grilled Cheese (a crusty pretzel bun topped with Swiss, cheddar, and pepper-jack cheese)
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Bread

Neighborhood Wheat	Fresh Bagels	Multigrain Baguettes	Kalamata Olive Batard
Neighborhood White	English Muffins	Sourdough Batard	Multigrain Batard
Herbed Focaccia	French Baguettes	Rustic French Batard	Fresh Rolls