

Hot Bar opens at 11:00
am



Join us for dinner, too!

June 2023

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch & Dinner: Hunan Tofu & Broccoli	2 Lunch & Dinner: Swedish Meatballs	3 Lunch & Dinner: Chicken Pot Pie
4 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	5 Lunch & Dinner: Jamaican Jerk Tempeh	6 Lunch & Dinner: Lemongrass Chicken	7 Lunch & Dinner: Roasted Leek & Carrot Tempeh	8 Lunch & Dinner: Beef Panang Curry	9 Lunch & Dinner: Kung Pao Tofu	10 Lunch & Dinner: Chicken Pot Pie
11 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	12 Lunch & Dinner: Chicken Satay	13 Lunch & Dinner: Cajun Okra Casserole	14 Lunch & Dinner: Pork Steamed Rice	15 Lunch & Dinner: Red Curry Vegetables	16 Lunch & Dinner: Tex-Mex Beef Enchilada Bake	17 Lunch & Dinner: Chicken Pot Pie
18 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	19 Lunch & Dinner: Kung Pao Tofu	20 Lunch & Dinner: Lemon Artichoke Chicken	21 Lunch & Dinner: Mushroom Alfredo Bake	22 Lunch & Dinner: Swedish Meatballs	23 Lunch & Dinner: Roasted Leek & Carrot Tempeh	24 Lunch & Dinner: Chicken Pot Pie
25 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	26 Lunch & Dinner: Pork Steamed Rice	27 Lunch & Dinner: Cajun Okra Casserole	28 Lunch & Dinner: Chicken Sukiyaki	29 Lunch & Dinner: Jamaican Jerk Tempeh	30 Lunch & Dinner: Beef Panang Curry	

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

June 2023

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)	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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