

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# July 2024

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch & Dinner: Polish Kielbasa (Wf)	2 Lunch & Dinner: Pineapple Cashew Quinoa Stir Fry (Vn, Wf)	3 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	4 Lunch & Dinner: Hunan Tofu & Broccoli (Vn)	5 Lunch & Dinner: Moroccan Chicken (Df, Wf)	6 Lunch & Dinner: Chicken Pot Pie
7 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	8 Lunch & Dinner: Indonesian Spiced Coconut Tofu (Vg)	9 Lunch & Dinner: Lemongrass Chicken (Wf)	10 Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	11 Lunch & Dinner: Applewood Smoked Pork Loin (Df, Wf)	12 Lunch & Dinner: Kung Pao Tofu (Vn)	13 Lunch & Dinner: Chicken Pot Pie
14 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	15 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	16 Lunch & Dinner: Hunan Tofu & Broccoli (Vn)	17 Lunch & Dinner: Polish Kielbasa (Wf)	18 Lunch & Dinner: Pineapple Cashew Quinoa Stir Fry (Vn, Wf)	19 Lunch & Dinner: Beef Panang Curry (Wf)	20 Lunch & Dinner: Chicken Pot Pie
21 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	22 Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	23 Lunch & Dinner: Moroccan Chicken (Df, Wf)	24 Lunch & Dinner: Indonesian Spiced Coconut Tofu (Vg)	25 Lunch & Dinner: Lemongrass Chicken (Wf)	26 Lunch & Dinner: Pork Steamed Rice (Wf)	27 Lunch & Dinner: Chicken Pot Pie
28 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	29 Lunch & Dinner: BBQ Pulled Chicken (Df, Wf)	30 Lunch & Dinner: Pineapple Cashew Quinoa Stir Fry (Vn, Wf)	31 Lunch & Dinner: Applewood Smoked Pork Loin (Df, 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](http://www.neighborhood.coop)

618.529.3533

Welcome to the Neighborhood!

## July 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)	Pepperoni (made with uncured Metro Deli™ pepperoni and 4-cheese blend)
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### 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>Chicken Parmesan Sandwich</b> (seasoned chicken breast, marinara sauce, provolone, parmesan, and microgreens on a focaccia bun)	<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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