

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# November 2022

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
Lunch & Dinner:	Lunch & Dinner:	Lunch & Dinner: Lemon Artichoke Chicken	Lunch & Dinner: Ratatouille	Lunch & Dinner: Morrocan Lamb Tagine	Lunch & Dinner: Hunan Tofu & Broccoli	Lunch & Dinner: Fresh Quiche
6	7	8	9	10	11	12
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Chicken Vindaloo	Lunch & Dinner: Veggie Fajita Melt	Lunch & Dinner: Pork Steamed Rice	Lunch & Dinner: Red Curry Vegetables	Lunch & Dinner: Swedish Meatballs	Lunch & Dinner: Fresh Quiche
13	14	15	16	17	18	19
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Samurai Seitan	Lunch & Dinner: Chicken Satay	Lunch & Dinner: Black Bean Enchiladas	Lunch & Dinner: Lemon Artichoke Chicken	Lunch & Dinner: Ratatouille	Lunch & Dinner: Fresh Quiche
20	21	22	23	24	25	26
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Cardamom Honey Chicken	Lunch & Dinner: Red Curry Vegetables	Lunch & Dinner: Lemon Artichoke Chicken	Thanksgiving Day 	Lunch & Dinner: Lil' Cheesy Meatloaf	Lunch & Dinner: Fresh Quiche
27	28	29	30			
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Zucchini Feta Bake	Lunch & Dinner: Moo Goo Gai Pan	Lunch & Dinner: Samurai Seitan			

# The Neighborhood Co-op

1815 West Main St, Carbondale

[www.neighborhood.coop](http://www.neighborhood.coop)

618.529.3533

Welcome to the Neighborhood!

## November 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)	Rusty's Roast Beef & Caramelized Onion (Angus roast beef, caramelized onion, and balsamic horseradish aioli on a pretzel 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