

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# December 2022

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Lunch & Dinner: Steak Fajita Melt	2 Lunch & Dinner: Red Curry Vegetables	3 Lunch & Dinner: Fresh Quiche
4 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	5 Lunch & Dinner: Chicken Vindaloo	6 Lunch & Dinner: Cajun Okra Casserole	7 Lunch & Dinner: Pork Steamed Rice	8 Lunch & Dinner: Ratatouille	9 Lunch & Dinner: Swedish Meatballs	10 Lunch & Dinner: Fresh Quiche
11 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	12 Lunch & Dinner: Samurai Seitan	13 Lunch & Dinner: Beef Panang Curry	14 Lunch & Dinner: Black Bean Enchiladas	15 Lunch & Dinner: Lemon Artichoke Chicken	16 Lunch & Dinner: Curried Cauliflower Casserole	17 Lunch & Dinner: Fresh Quiche
18 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	19 Lunch & Dinner: Beef Stroganoff	20 Lunch & Dinner: Red Curry Vegetables	21 Lunch & Dinner: Lemongrass Chicken	22 Thanksgiving Day Zucchini Feta Bake	23 Lunch & Dinner: Steak Fajita Melt	24 Lunch & Dinner: Fresh Quiche
25 Closed for Christmas	26 Lunch & Dinner: Pizza!	27 Lunch & Dinner: Moo Goo Gai Pan	28 Lunch & Dinner: Ratatouille	29 Lunch & Dinner: Beef Panang Curry	30 Lunch & Dinner: Black Bean Enchiladas	31 Lunch & Dinner: Fresh Quiche

# The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

## December 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