

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# April 2023

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	3 Lunch & Dinner: Sweet & Sour Tofu	4 Lunch & Dinner: Chicken Vindaloo	5 Lunch & Dinner: Red Curry Vegetables	6 Lunch & Dinner: Lemongrass Chicken	7 Lunch & Dinner: Thai Coconut Fish Curry	1 / 8 Lunch & Dinner: Fresh Quiche
9 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	10 Lunch & Dinner: Moo Goo Gai Pan	11 Lunch & Dinner: Spinach Mushroom Lasagna	12 Lunch & Dinner: Beef Panang Curry	13 Lunch & Dinner: Indonesian Spiced Coconut Tofu	14 Lunch & Dinner: Pork Steamed Rice	15 Lunch & Dinner: Fresh Quiche
16 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	17 Lunch & Dinner: Hunan Tofu & Broccoli	18 Lunch & Dinner: Chicken Sukiyaki	19 Lunch & Dinner: Cajun Okra Casserole	20 Lunch & Dinner: Swedish Meatballs	21 Lunch & Dinner: Black Bean Enchiladas	22 Lunch & Dinner: Fresh Quiche
23 / 30 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	24 Lunch & Dinner: Chicken Satay	25 Lunch & Dinner: Kung Pao Tofu	26 Lunch & Dinner: Beef Panang Curry	27 Lunch & Dinner: Mushroom Alfredo Bake	28 Lunch & Dinner: Lemon Artichoke Chicken	29 Lunch & Dinner: Fresh Quiche

# The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

## April 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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## 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