

Hot Bar opens at 11:00
am



Join us for dinner, too!

January 2024

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch & Dinner: Ham & White Bean Soup	2 Lunch & Dinner: Cardamom Honey Chicken	3 Lunch & Dinner: Zucchini Feta Bake	4 Lunch & Dinner: Pork Steamed Rice	5 Lunch & Dinner: Black Bean Enchiladas	6 Lunch & Dinner: Chicken Pot Pie
7 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	8 Lunch & Dinner: Chicken Vindaloo	9 Lunch & Dinner: Indonesian Spiced Coconut Tofu	10 Lunch & Dinner: Jamaican Jerk Chicken	11 Lunch & Dinner: Ratatouille	12 Lunch & Dinner: Tex-Mex Beef Enchilada Bake	13 Lunch & Dinner: Chicken Pot Pie
14 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	15 Lunch & Dinner: Kung Pao Tofu	16 Lunch & Dinner: Chicken Satay	17 Lunch & Dinner: Zucchini Feta Bake	18 Lunch & Dinner: Greek Meatballs with Mushroom Sauce	19 Lunch & Dinner: Samurai Seitan	20 Lunch & Dinner: Chicken Pot Pie
21 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	22 Lunch & Dinner: Pork Steamed Rice	23 Lunch & Dinner: Ratatouille	24 Lunch & Dinner: Lemon Artichoke Chicken	25 Lunch & Dinner: Veggie Fajita Bake	26 Lunch & Dinner: Beef Panang Curry	27 Lunch & Dinner: Chicken Pot Pie
28 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	29 Lunch & Dinner: Black Bean Enchiladas	30 Lunch & Dinner: East Indian Chicken	31 Lunch & Dinner: Kung Pao Tofu			

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

January 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)	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)	Falafel Goddess Wrap (falafel, cucumber, red onion, tomato, kalamata olives, and lemon garlic tahini on lavash flatbread)	Shawnee Sunshine (tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	Smoked Turkey Melt (smoked turkey, Swiss cheese, tomato, red onion, and mayonnaise on a Banh mi bun)
---	---	---	--

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)
--	--	--	--