

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# March 2023

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Lunch & Dinner: East Indian Chicken	2 Lunch & Dinner: Red Curry Vegetables	3 Lunch & Dinner: Mushroom Alfredo Bake	4 Lunch & Dinner: Fresh Quiche
5 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	6 Lunch & Dinner: Tempeh Stroganoff	7 Lunch & Dinner: Beef Panang Curry	8 Lunch & Dinner: Sweet & Sour Tofu	9 Lunch & Dinner: Lemon Artichoke Chicken	10 Lunch & Dinner: Thai Coconut Fish Curry	11 Lunch & Dinner: Fresh Quiche
12 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	13 Lunch & Dinner: Chicken Sukiyaki	14 Lunch & Dinner: Black Bean Enchiladas	15 Lunch & Dinner: Pork Steamed Rice	16 Lunch & Dinner: Zucchini Feta Bake	17 Lunch & Dinner: Shepherd's Pie	18 Lunch & Dinner: Fresh Quiche
19 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	20 Lunch & Dinner: Tempeh Stroganoff	21 Lunch & Dinner: Chicken Satay	22 Lunch & Dinner: Hunan Tofu & Broccoli	23 Thanksgiving Day Swedish Meatballs	24 Lunch & Dinner: Thai Coconut Fish Curry	25 Lunch & Dinner: Fresh Quiche
26 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	27 Lunch & Dinner: Lemon Artichoke Chicken	28 Lunch & Dinner: Indonesian Spiced Coconut Tofu	29 Lunch & Dinner: Beef Panang Curry	30 Lunch & Dinner: Cajun Okra Casserole	31 Lunch & Dinner: Mushroom Alfredo Bake	

# The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

## March 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)	Corned Beef Reuben (corned beef, Swiss cheese, and thousand island dressing on marble rye bread)
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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