

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# May 2023

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch & Dinner: Sweet & Sour Tofu	2 Lunch & Dinner: Chicken Vindaloo	3 Lunch & Dinner: Red Curry Vegetables	4 Lunch & Dinner: Lemongrass Chicken	5 Lunch & Dinner: Tex-Mex Enchilada Bake	6 Lunch & Dinner: Fresh Quiche
7 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	8 Lunch & Dinner: Pork Steamed Rice	9 Lunch & Dinner: Cajun Okra Casserole	10 Lunch & Dinner: Lemon Artichoke Chicken	11 Lunch & Dinner: Roasted Leek & Carrot Tempeh	12 Lunch & Dinner: Beef Panang Curry	13 Lunch & Dinner: Fresh Quiche
14 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	15 Lunch & Dinner: Hunan Tofu & Broccoli	16 Lunch & Dinner: Chicken Sukiyaki	17 Lunch & Dinner: Mushroom Alfredo Bake	18 Lunch & Dinner: Swedish Meatballs	19 Lunch & Dinner: Red Curry Vegetables	20 Lunch & Dinner: Fresh Quiche
21 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	22 Lunch & Dinner: Chicken Satay	23 Lunch & Dinner: Kung Pao Tofu	24 Lunch & Dinner: Beef Panang Curry	25 Lunch & Dinner: Mushroom Alfredo Bake	26 Lunch & Dinner: Lemon Artichoke Chicken	27 Lunch & Dinner: Fresh Quiche
28 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	29 Lunch & Dinner: Cajun Okra Casserole	30 Lunch & Dinner: Chicken Sukiyaki	31 Lunch & Dinner: Tex-Mex Enchilada Bake			

# The Neighborhood Co-op

1815 West Main St, Carbondale

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

618.529.3533

Welcome to the Neighborhood!

## May 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)

<b>Italian Focaccia Panini</b> (black forest ham and roasted turkey breast, provolone, and red onion slices on a made-from-scratch herb focaccia smeared with basil pesto)	<b>Seitan Reuben</b> (homemade pastrami-style seitan, Swiss cheese, and vegan Russian dressing on toasted marble rye bread)	<b>Shawnee Sunshine</b> (tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	<b>Cubano Banh mi</b> (smoked ham, Cuban spiced pork, Swiss cheese, mustard, and dill pickle slices on a Banh mi bun)
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**Caprese Sandwich**  
(fresh mozzarella, sliced tomatoes, baby spinach, and basil pesto on a Banh mi bun)

### Hot Grab-n-Go Sandwiches and Burritos (fresh from the oven)

<b>Fiesta Chicken Burrito</b> (roasted chicken, organic black beans, sweet corn, cheddar cheese, and a blend of smokey peppers, cilantro, and spices on a spinach wrap)	<b>Bean and Cheese Burrito</b> (organic pinto and/or black beans, onions, bell peppers, spices and cheddar cheese packed in a spinach tortilla)	<b>Turkey Pesto Sandwich</b> (roasted turkey breast, basil pesto, and melted provolone cheese on a brioche bun)	<b>Pretzel Grilled Cheese</b> (a crusty pretzel bun topped with Swiss, cheddar, and pepper-jack cheese)
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**Roast Beef & Swiss**  
(roast beef and Swiss cheese on a pretzel bun)