

Hot Bar opens at 11:00
am



Join us for dinner, too!

May 2022

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	2 Lunch & Dinner: Lemon Artichoke Chicken	3 Lunch & Dinner: Tempeh Stroganoff	4 Lunch & Dinner: Maple Glazed Chicken	5 Lunch & Dinner: Spicy Brazilian Coconut Tofu	6 Lunch & Dinner: Thai Coconut Fish Curry	7 Lunch & Dinner: Mediterranean Quiche
8 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	9 Lunch & Dinner: Hunan Tofu & Broccoli	10 Lunch & Dinner: Chicken Satay	11 Lunch & Dinner: Green Curry Vegetables	12 Lunch & Dinner: Chicken Vindaloo	13 Lunch & Dinner: Zucchini Feta Bake	14 Lunch & Dinner: Mediterranean Quiche
15 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	16 Lunch & Dinner: Lemongrass Chicken	17 Lunch & Dinner: Spicy Brazilian Coconut Tofu	18 Lunch & Dinner: Jamaican Jerk Tempeh	19 Lunch & Dinner: Lemon Artichoke Chicken	20 Lunch & Dinner: Swedish Meatballs	21 Lunch & Dinner: Mediterranean Quiche
22 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	23 Lunch & Dinner: Zucchini Feta Bake	24 Lunch & Dinner: Cardamom Honey Chicken	25 Lunch & Dinner: Pork Steamed Rice	26 Lunch & Dinner: Chicken Satay	27 Lunch & Dinner: Thai Coconut Fish Curry	28 Lunch & Dinner: Mediterranean Quiche
29 Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	30 Lunch & Dinner: Moo Goo Gai Pan	31 Lunch & Dinner: Veggie Fajita Melt				

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

May 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)	Falafel Goddess Wrap (vegan falafel, cucumber, tomato, red onion, and kalamata olives with tahini lemon sauce on lavash flatbread)	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