

**Hot Bar opens at 11:00
am**



Join us for dinner, too!

June 2025

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	2 Lunch & Dinner: Roasted Leek & Carrot Tempeh (Vn, Wf)	3 Lunch & Dinner: Jamaican Jerk Chicken (Wf)	4 Lunch & Dinner: Red Curry Vegetables (Vn, Wf)	5 Lunch & Dinner: Lemongrass Chicken (Wf)	6 Lunch & Dinner: Veggie Fajita Bake (Vg)	7 Lunch & Dinner: Chicken Pot Pie
8 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	9 Lunch & Dinner: BBQ Chicken	10 Lunch & Dinner: Jamaican Jerk Tempeh (Vn, Wf)	11 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	12 Lunch & Dinner: Roasted Leek & Carrot Tempeh (Vn, Wf)	13 Lunch & Dinner: Lemongrass Chicken (Wf)	14 Lunch & Dinner: Chicken Pot Pie
15 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	16 Lunch & Dinner: Kung Pao Tofu (Vn)	17 Lunch & Dinner: Lemongrass Chicken (Wf)	18 Lunch & Dinner: Veggie Fajita Bake (Vg)	19 Lunch & Dinner: Beef Panang Curry (Wf)	20 Lunch & Dinner: Samurai Seitan (Vn)	21 Lunch & Dinner: Chicken Pot Pie
22 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	23 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	24 Lunch & Dinner: Pork Steamed Rice (Wf)	25 Lunch & Dinner: Black Bean Enchiladas (Vg)	26 Lunch & Dinner: Moroccan Chicken (Df, Wf)	27 Lunch & Dinner: Swedish Meatballs	28 Lunch & Dinner: Chicken Pot Pie
29 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	30 Lunch & Dinner: BBQ Chicken					

Dietary Designations: Vg = Vegetarian, Vn = Vegan, Wf = Wheat Free, Df = Dairy Free

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

June 2025

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)	Pepperoni (made with uncured Metro Deli™ pepperoni and 4-cheese blend)
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Signature Sandwiches (served cold or fresh from the oven)

Thai Peanut Tofu (smokey baked tofu, cucumber slices, carrot matchsticks, green leaf lettuce, and our homemade spicy Thai peanut sauce on neighborhood wheat bread)	Italian Sub (smoked ham, pepperoni, salami, provolone, fresh tomato slices, green leaf lettuce, parmesan, and herb mayo on crusty ciabatta bread)	Shawnee Sunshine (fresh sliced 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)	Chicken Cordon Bleu (roasted chicken breast, fire smoked ham, Swiss cheese, and Dijon mustard on a brioche bun)	Turkey Pesto Sandwich (roasted turkey breast, basil pesto, and melted provolone cheese on a pretzel bun)	Pretzel Grilled Cheese (a crusty pretzel bun topped with Swiss, cheddar, and pepper-jack cheese)
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