

Hot Bar opens at 7am



Join us for dinner too!

APRIL 2017

Hot Bar Entrée & Soup Menu

Sunday	 Mexican Monday	 Italian Tuesday	Wednesday	Thursday	Friday	Saturday
						Lunch & Dinner: Teriyaki Chicken Soup of the Day: Loaded Potato
Lunch & Dinner: Lil' Cheesy Meatloaf Soup of the Day: Tomato Basil	Lunch & Dinner: Black Bean Enchiladas Soup of the Day: Three Bean Chili	Lunch & Dinner: Chicken Dijon Soup of the Day: Tomato & Garden Vegetable	Lunch & Dinner: Tempeh Stroganoff Soup of the Day: Loaded Potato	Lunch & Dinner: Green Curry Vegetables Soup of the Day: Chicken & Dumpling	Lunch & Dinner: Maple Glazed Chicken Soup of the Day: New England Clam Chowder	Lunch & Dinner: Broccoli Carrot Bake Soup of the Day: Tomato & Garden Vegetable
Lunch & Dinner: Spinach Mushroom Lasagna Soup of the Day: Broccoli Cheddar	Lunch & Dinner: Crunchy Tortilla Casserole Soup of the Day: Black Bean	Lunch & Dinner: Sweet & Spicy Tomato Chicken Soup of the Day: Minestrone	Lunch & Dinner: Kung Pao Tofu Soup of the Day: Thai Chicken	Lunch & Dinner: Chicken Tagine Soup of the Day: Butternut Squash	Lunch & Dinner: Carne Adovada Soup of the Day: New England Clam Chowder	Lunch & Dinner: Roasted Leek & Carrot Tempeh Soup of the Day: Vegetable Beef Barley
Lunch & Dinner: Zucchini Feta Bake Soup of the Day: Tomato Basil	Lunch & Dinner: Mexican Meatball Bake Soup of the Day: Black Bean	Lunch & Dinner: Tempeh Cacciatore Soup of the Day: Chicken & Dumpling	Lunch & Dinner: Veggie Fajita Bake Soup of the Day: Quinoa Sweet Potato Chili	Lunch & Dinner: Lemon Artichoke Chicken Soup of the Day: Broccoli Cheddar	Lunch & Dinner: Thai Peanut Tofu Soup of the Day: New England Clam Chowder	Lunch & Dinner: Moroccan Chicken Soup of the Day: Lentil
Lunch & Dinner: Sweet n Sour Tofu Soup of the Day: Tomato & Garden Vegetable	Lunch & Dinner: Steak Fajita Bake Soup of the Day: Turkey Chili	Lunch & Dinner: Mediterranean Chicken Soup of the Day: Minestrone	Lunch & Dinner: Vegetable Kashmiri Soup of the Day: Thai Chicken	Lunch & Dinner: Red Curry Vegetables Soup of the Day: Loaded Potato	Lunch & Dinner: Spicy Brazilian Coconut Chicken Soup of the Day: New England Clam Chowder	Lunch & Dinner: Tempeh Stroganoff Soup of the Day: Butternut Squash
Lunch & Dinner: Lil' Cheesy Meatloaf Soup of the Day: Three Bean Chili						

This menu represents the main entrées. Full menu @ www.neighborhood.coop. Dinner option is phased in as lunch option is depleted.

★ Based on availability, menu items subject to changes and substitutions.

Hot Bar & Soup Menu

1815 West Main Street . Carbondale



Housemade Specialties

www.neighborhood.coop . 618.529.3533

FAMILY DINNER NIGHT

Enjoy Family Dinner Night at the Co-op! - Gather family and friends for a delicious, nutritious dinner served from the one and only Neighborhood Co-op deli. Bring the whole hungry clan – we've got you covered! Each meal features an entrée/a family friendly entrée, various sides, and bread. New menu each week!

APRIL 6

Spinach Lasagna, Garlic Bread, and Side Salad

APRIL 20

Spaghetti, Garlic Bread, and Side Salad

MAY 4

Vegetable Orzo Casserole, and Garlic Bread

MAY 18

Spaghetti, Garlic Bread, and Side Salad

APRIL 13

Roasted Chicken, Roasted Potatoes, and Summer Squash

APRIL 27

Jamaican Jerk Chicken, Rice, Summer Squash, and Side Salad

MAY 11

Meatloaf, Roasted Potatoes, and Summer Squash

MAY 25

Lasagna, Garlic Bread, and Side Salad

For more information on serving sizes, please visit www.neighborhood.coop

BREAD

Co-op Made - All Co-op Bakery breads are made from scratch daily!

SUNDAY

Whole Wheat Oatmeal

MONDAY

Baker's Choice

TUESDAY

Herbed Focaccia

WEDNESDAY

Baker's Choice

THURSDAY

Honey Sesame

FRIDAY

Spinach Parmesan

SATURDAY

Craizin Millet

PIZZA *Our Specialty - served up on a crust made in-house (white or wheat) & topped with the best ingredients!*

SUNDAY

4 Cheese, Vegan Special, Pineapple Jalapeno, and Chef's Choice

MONDAY

4 Cheese, Vegan Special, Green Chile Chicken, and Chef's Choice

TUESDAY

4 Cheese, Vegan Special, Italian Sausage, and Chef's Choice

WEDNESDAY

4 Cheese, Vegan Special, Tracy's Creation, and Chef's Choice

THURSDAY

4 Cheese, Vegan Special, Chicken Pesto, and Chef's Choice

FRIDAY

4 Cheese, Vegan Special, Bacon with Spinach & Onion, and Chef's Choice

SATURDAY

4 Cheese, Vegan Special, Pepperoni, and Chef's Choice

menu also available online at www.neighborhood.coop