

Hot Bar opens at 11:00
am



Join us for dinner, too!

March 2025

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	3 Lunch & Dinner: Pineapple Cashew Quinoa Stir Fry (Vn, Wf)	4 Lunch & Dinner: Pork Steamed Rice (Wf)	5 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	6 Lunch & Dinner: Tempeh Stroganoff (Vg)	7 Lunch & Dinner: Swedish Meatballs	1 / 8 Lunch & Dinner: Chicken Pot Pie
9 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	10 Lunch & Dinner: Chicken Satay (Wf)	11 Lunch & Dinner: Vegetable Kashmiri (Vg, Wf)	12 Lunch & Dinner: Beef Panang Curry (Wf)	13 Lunch & Dinner: Crunchy Tortilla Casserole (Vg)	14 Lunch & Dinner: Lemongrass Chicken (Wf)	15 Lunch & Dinner: Chicken Pot Pie
16 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	17 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	18 Lunch & Dinner: Tempeh Stroganoff (Vg)	19 Lunch & Dinner: Chicken Dijon (Df, Wf)	20 Lunch & Dinner: Moroccan Chicken (Df, Wf)	21 Lunch & Dinner: Greek Meatballs w/ Mushrooms Sauce	22 Lunch & Dinner: Chicken Pot Pie
23 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	24 Lunch & Dinner: Crunchy Tortilla Casserole (Vg)	25 Lunch & Dinner: Lemongrass Chicken (Wf)	26 Lunch & Dinner: Pork Steamed Rice (Wf)	27 Lunch & Dinner: Chicken Satay (Wf)	28 Lunch & Dinner: Beef Panang Curry (Wf)	29 Lunch & Dinner: Chicken Pot Pie
30 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	31 Lunch & Dinner: Moroccan Chicken (Df, Wf)					

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!

February 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)

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)	Rusty's Roast Beef & Caramelized Onion (Angus roast beef, caramelized onion, and balsamic horseradish aioli on a pretzel 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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