

Hot Bar opens at 10:00
am



Join us for dinner, too!

December 2019

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch & Dinner: Zucchini Feta Bake	2 Lunch & Dinner: Chicken Curry	3 Lunch & Dinner: Vegetable Kashmiri	4 Lunch & Dinner: Beef Barbacoa Bowls	5 Lunch & Dinner: Black Bean Enchiladas	6 Lunch & Dinner: Swedish Meatballs	7 Lunch & Dinner: Zucchini Feta Bake
8 Lunch & Dinner: Spinach Mushroom Lasagna	9 Lunch & Dinner: Chicken Curry	10 Lunch & Dinner: Chana Masala	11 Lunch & Dinner: Swedish Meatballs	12 Lunch & Dinner: Crunchy Tortilla Casserole	13 Lunch & Dinner: Chicken Shawarma	14 Lunch & Dinner: Vegetable Kashmiri
15 Lunch & Dinner: Red Curry Vegetables	16 Lunch & Dinner: Chicken Curry	17 Lunch & Dinner: Black Bean Enchiladas	18 Lunch & Dinner: Swedish Meatballs	19 Lunch & Dinner: Savory Vegetable Pie	20 Lunch & Dinner: Lemon Artichoke Chicken	21 Lunch & Dinner: Beef Barbacoa Bowls
22 Lunch & Dinner: Zucchini Feta Bake	23 Lunch & Dinner: Chicken Curry	24 Lunch & Dinner: Chana Masala	25 Lunch & Dinner: Christmas!	26 Lunch & Dinner: Lasagna	27 Lunch & Dinner: Swedish Meatballs	28 Lunch & Dinner: Vegetable Kashmiri
29 Lunch & Dinner: Lil' Cheesy Meatloaf	30 Lunch & Dinner: Chicken Curry	31 Lunch & Dinner: Lemon Artichoke Chicken				

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

December 2019

Mumbai Monday Lunch

Expanded Indian Hot Lunch Buffet \$6.99/lb from 11 am to 2 pm (while supplies last)

Chicken Curry, Coconut Curry Kale, Potato Samosa, Cucumber Raita, Organic Brown Rice, and Mango Chutney

Thursday Dinner Night

\$5 Meal from 4 pm to 8 pm

December 5

BBQ Pulled Pork Sandwich,
Roasted Potatoes

December 12

Black Bean Enchiladas,
Cornbread Muffin

December 19

Jackson County Chicken
Chili, Cornbread Muffin

Hot Soups

December 1

Broccoli Cheddar
Tomato Garden Vegetable

December 2 - 8

Chicken Dumpling
Organic Harvest Bisque

December 9 - 15

Mushroom Barley
Minestrone

December 16 - 22

Thai Chicken
Fire Roasted Vegetable

December 23 - 29

Chicken Noodle
Lentil

Dec. 30 - Jan. 5

Three Bean Chili
Minestrone

Pizza

Sunday

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

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

4 Cheese, Vegan Special,
Spinach Mushroom Alfredo,
and Chef's Choice

Bread

Neighborhood Wheat

Neighborhood White

Herbed Focaccia

Fresh Bagels

English Muffins

French Baguettes

Multigrain Baguettes

French Demi Baguettes

Rustic French Batard

Kalamata Olive Batard

Multigrain Batard

Fresh Rolls