

Hot Bar opens at 11:00
am



Join us for dinner, too!

July 2021

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				Lunch & Dinner: Chicken Vindaloo	Lunch & Dinner: Balsamic Glazed Roasted Cauliflower	Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables
4	5	6	7	8	9	10
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Moroccan Lamb Tagine	Lunch & Dinner: Kung Pao Brussels Spouts	Lunch & Dinner: Chicken Dijon	Lunch & Dinner: Roasted Leek and Carrot Tempeh	Lunch & Dinner: Pork Fried Rice	Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables
11	12	13	14	15	16	17
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Black Bean Enchiladas	Lunch & Dinner: Swedish Meatballs	Lunch & Dinner: Roasted Squash with Pumpkin Seed Mole	Lunch & Dinner: Jamaican Jerk Chicken	Lunch & Dinner: Sri Lankan Vegetable Curry	Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables
18	19	20	21	22	23	24
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Spinach Mushroom Lasagna	Lunch & Dinner: Chicken Vindaloo	Lunch & Dinner: Samurai Seitan and Broccoli	Lunch & Dinner: Pork Fried Rice	Lunch & Dinner: Roasted Leek and Carrot Tempeh	Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables
25	26	27	28	29	30	31
Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables	Lunch & Dinner: Jamaican Jerk Chicken	Lunch & Dinner: Kung Pao Brussels Spouts	Lunch & Dinner: Swedish Meatballs	Lunch & Dinner: Balsamic Glazed Roasted Cauliflower	Lunch & Dinner: Havana Chicken	Lunch & Dinner: Roasted Chicken, Black Beans & Rice, Seasonal Vegetables

The Neighborhood Co-op

1815 West Main St, Carbondale
www.neighborhood.coop
618.529.3533

Welcome to the Neighborhood!

July 2021

Pizza

Sunday

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

Monday

4 Cheese, Vegan Special, and
Chef's Choice

Tuesday

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

Wednesday

4 Cheese, Vegan Special,
Artichoke Walnut Feta, 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