

Hot Bar opens at 11:00
am



Join us for dinner, too!

December 2025

Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Lunch & Dinner: Cardamom Honey Chicken (Wf)	2 Lunch & Dinner: Spinach Mushroom Lasagna (Vg, Wf)	3 Lunch & Dinner: Ginger Beef Steamed Rice (Wf)	4 Lunch & Dinner: Lemongrass Chicken (Wf)	5 Lunch & Dinner: Veggie Fajita Bake (Vg)	6 Lunch & Dinner: Chicken Pot Pie
7 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	8 Lunch & Dinner: Lil' Cheesy Meatloaf (Wf)	9 Lunch & Dinner: Zucchini Feta Bake (Vg)	10 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	11 Lunch & Dinner: Cajun Okra Casserole (Vn, Wf)	12 Lunch & Dinner: Chicken Satay (Wf)	13 Lunch & Dinner: Chicken Pot Pie
14 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	15 Lunch & Dinner: Spinach Mushroom Lasagna (Vg, Wf)	16 Lunch & Dinner: Cardamom Honey Chicken (Wf)	17 Lunch & Dinner: Veggie Fajita Bake (Vg)	18 Lunch & Dinner: Chicken Vindaloo (Wf)	19 Lunch & Dinner: Pork Steamed Rice (Wf)	20 Lunch & Dinner: Chicken Pot Pie
21 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal	22 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	23 Lunch & Dinner: Lil' Cheesy Meatloaf (Wf)	24 Lunch & Dinner: Moo Goo Gai Pan (Wf)	25 Lunch & Dinner: Closed for Christmas	26 Lunch & Dinner: Hot Pizza by the Slice	27 Lunch & Dinner: Chicken Pot Pie
28 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	29 Lunch & Dinner: Pork Steamed Rice (Wf)	30 Lunch & Dinner: Moroccan Chicken (Df, Wf)	31 Lunch & Dinner: Vegetable Kashmiri (Vg, Wf)			

The Neighborhood Co-op

1815 West Main St, Carbondale

www.neighborhood.coop

618.529.3533

Welcome to the Neighborhood!

December 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)

Vegan BLT (homemade seitan bacon, lettuce, tomato, and vegan mayo on Neighborhood Wheat bread)	Smoked Turkey Melt (smoked turkey, Swiss cheese, tomato, red onion, and mayonnaise on a French Baguette)	Falafel Goddess Wrap (baked chickpea falafel, fresh sliced cucumber, tomato, red onion, lettuce, olives, and tahini dressing on a lavash flat bread)	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)
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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 Parmesan Sandwich (seasoned chicken breast, marinara sauce, provolone, and parmesan on a focaccia 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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