

Hot Bar opens at 11:00  
am



Join us for dinner, too!

# August 2025

## Hot Bar Entrée Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lunch & Dinner: Veggie Fajita Bake (Vg)	2 Lunch & Dinner: Chicken Pot Pie
3 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	4 Lunch & Dinner: Beef Panang Curry (Wf)	5 Lunch & Dinner: Roasted Leek & Carrot Tempeh (Vn, Wf)	6 Lunch & Dinner: Pork Steamed Rice (Wf)	7 Lunch & Dinner: Zucchini Feta Bake (Vg)	8 Lunch & Dinner: Swedish Meatballs	9 Lunch & Dinner: Chicken Pot Pie
10 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	11 Lunch & Dinner: Kung Pao Tofu (Vn)	12 Lunch & Dinner: Chicken Satay (Wf)	13 Lunch & Dinner: Black Bean Enchiladas (Vg)	14 Lunch & Dinner: Chicken Vindaloo (Wf)	15 Lunch & Dinner: Samurai Seitan (Vn)	16 Lunch & Dinner: Chicken Pot Pie
17 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	18 Lunch & Dinner: Lemon Artichoke Chicken (Wf)	19 Lunch & Dinner: Sweet & Sour Tofu (Vn, Wf)	20 Lunch & Dinner: Lemongrass Chicken (Wf)	21 Lunch & Dinner: Pineapple Cashew Quinoa Stir Fry (Vn, Wf)	22 Lunch & Dinner: Swedish Meatballs	23 Lunch & Dinner: Chicken Pot Pie
24 / 31 Lunch & Dinner: Chicken Nuggets, Black Beans, Rice, Seasonal Vegetables	25 Lunch & Dinner: BBQ Chicken	26 Lunch & Dinner: Zucchini Feta Bake (Vg)	27 Lunch & Dinner: Chicken Satay (Wf)	28 Lunch & Dinner: Kung Pao Tofu (Vn)	29 Lunch & Dinner: Pork Steamed Rice (Wf)	30 Lunch & Dinner: Chicken Pot Pie

Dietary Designations: Vg = Vegetarian, Vn = Vegan, Wf = Wheat Free, Df = Dairy Free

# The Neighborhood Co-op

1815 West Main St, Carbondale

[www.neighborhood.coop](http://www.neighborhood.coop)

618.529.3533

Welcome to the Neighborhood!

## August 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)

<b>Thai Peanut Tofu</b> (smokey baked tofu, cucumber slices, carrot matchsticks, green leaf lettuce, and our homemade spicy Thai peanut sauce on neighborhood wheat bread)	<b>Smoked Turkey Melt</b> (smoked turkey, Swiss cheese, tomato, red onion, and mayonnaise on a French Baguette)	<b>Shawnee Sunshine</b> (fresh sliced tomato, cucumber, avocado, cashew cream cheese, and locally grown microgreens on a Co-op bagel)	<b>Cubano Banh mi</b> (smoked ham, Cuban spiced pork, Swiss cheese, mustard, and dill pickle slices on a Banh mi bun)
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### Hot Grab-n-Go Sandwiches and Burritos (fresh from the oven)

<b>Fiesta Chicken Burrito</b> (roasted chicken, organic black beans, sweet corn, cheddar cheese, and a blend of smokey peppers, cilantro, and spices on a spinach wrap)	<b>Chicken Cordon Bleu</b> (roasted chicken breast, fire smoked ham, Swiss cheese, and Dijon mustard on a brioche bun)	<b>Turkey Pesto Sandwich</b> (roasted turkey breast, basil pesto, and melted provolone cheese on a pretzel bun)	<b>Pretzel Grilled Cheese</b> (a crusty pretzel bun topped with Swiss, cheddar, and pepper-jack cheese)
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