

Hot Bar opens at 11:00 am



Join us for dinner, too!

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Lunch & Dinner: <b>Chicken Nuggets</b>  Daily Bread: <b>Cranberry Walnut Millet</b>	2 Lunch & Dinner: <b>Moo Goo Gai Pan (Wf)</b>  Daily Bread: <b>Oatmeal Sourdough</b>	3 Lunch & Dinner: <b>Crunchy Tortilla Casserole (Vg)</b>  Daily Bread: <b>Herb Focaccia</b>	4 Lunch & Dinner: <b>Chicken Vindaloo (Wf)</b>  Daily Bread: <b>Sourdough Boule</b>	5 Lunch & Dinner: <b>Indonesian Spiced Coconut Tofu (Vg)</b>  Daily Bread: <b>Farmhouse Herb</b>	6 Lunch & Dinner: <b>Swedish Meatballs</b>  Daily Bread: <b>Sweet Potato</b>	7 Lunch & Dinner: <b>Chicken Pot Pie</b>  Daily Bread: <b>Sourdough Boule</b>
8 Lunch & Dinner: <b>Chicken Nuggets</b>  Daily Bread: <b>Herb Focaccia</b>	9 Lunch & Dinner: <b>Lil' Cheesy Meatloaf (Wf)</b>  Daily Bread: <b>Spinach Parmesan</b>	10 Lunch & Dinner: <b>Zucchini Feta Bake (Vg)</b>  Daily Bread: <b>Sweet Potato</b>	11 Lunch & Dinner: <b>Lemon Artichoke Chicken (Wf)</b>  Daily Bread: <b>Sourdough Boule</b>	12 Lunch & Dinner: <b>Cajun Okra Casserole (Vn, Wf)</b>  Daily Bread: <b>Cranberry Walnut Millet</b>	13 Lunch & Dinner: <b>Chicken Satay (Wf)</b>  Daily Bread: <b>Buckwheat Maple</b>	14 Lunch & Dinner: <b>Chicken Pot Pie</b>  Daily Bread: <b>Sourdough Boule</b>
15 Lunch & Dinner: <b>Chicken Nuggets</b>  Daily Bread: <b>Sweet Potato</b>	16 Lunch & Dinner: <b>Crunchy Tortilla Casserole (Vg)</b>  Daily Bread: <b>Herb Focaccia</b>	17 Lunch & Dinner: <b>Lemongrass Chicken (Wf)</b>  Daily Bread: <b>Cranberry Walnut Millet</b>	18 Lunch & Dinner: <b>Veggie Fajita Bake (Vg)</b>  Daily Bread: <b>Sourdough Boule</b>	19 Lunch & Dinner: <b>Moo Goo Gai Pan (Wf)</b>  Daily Bread: <b>Spinach Parmesan</b>	20 Lunch & Dinner: <b>Swedish Meatballs</b>  Daily Bread: <b>Sourdough Oatmeal</b>	21 Lunch & Dinner: <b>Chicken Pot Pie</b>  Daily Bread: <b>Sourdough Boule</b>
22 Lunch & Dinner: <b>Chicken Nuggets</b>  Daily Bread: <b>Cranberry Walnut Millet</b>	23 Lunch & Dinner: <b>Lemon Artichoke Chicken (Wf)</b>  Daily Bread: <b>Buckwheat Maple</b>	24 Lunch & Dinner: <b>Beef Panang Curry (Wf)</b>  Daily Bread: <b>Herb Focaccia</b>	25 Lunch & Dinner: <b>Moo Goo Gai Pan (Wf)</b>  Daily Bread: <b>Sourdough Boule</b>	26 Lunch & Dinner: <b>Zucchini Feta Bake (Vg)</b>  Daily Bread: <b>Sweet Potato</b>	27 Lunch & Dinner: <b>Pork Steamed Rice (Wf)</b>  Daily Bread: <b>Farmhouse Herb</b>	28 Lunch & Dinner: <b>Chicken Pot Pie</b>  Daily Bread: <b>Sourdough Boule</b>
29 Lunch & Dinner: <b>Chicken Nuggets</b>  Daily Bread: <b>Buckwheat Maple</b>	30 Lunch & Dinner: <b>Moo Goo Gai Pan (Wf)</b>  Daily Bread: <b>Oatmeal Sourdough</b>	31 Lunch & Dinner: <b>Chicken Satay (Wf)</b>  Daily Bread: <b>Spinach Parmesan</b>				

# The Neighborhood Co-op

1815 West Main St, Carbondale

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

618.529.3533

Welcome to the Neighborhood!

## March 2026

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)	Corned Beef Reuben (corned beef, Swiss cheese, and Russian dressing on marble rye bread)	Falafel Goddess Wrap (baked chickpea falafel, fresh sliced cucumber, tomato, red onion, lettuce, olives, and tahini dressing on a lavash flat bread)	Chicken Parmesan Sandwich (seasoned chicken breast, marinara sauce, provolone, and parmesan on a focaccia 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)	Hot Italian Sandwich (smoked ham, uncured salami, and pepper jack cheese on an Italian 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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