

The Chili Pepper Café

TON Sells Hospital

Week: November 5 - 9, 2018
Please place your lunch order by 10am
Debit/credit card payments are accepted.

Monday

No substitutions please

BREAKFAST: Malt O Meal, Pancakes, Sausage, Applesauce, Coffee or Tea.....\$4.00
LUNCH CHOICE 1: Tepary Bean Stew w/ Beef, Mixed Green Salad, Wheat Tortilla, Chocolate Pie or Fruit, Beverage \$4.00
LUNCH CHOICE 2: Baked Pasta w/ 4 Cheeses, Mixed Green Salad, Garlic Toast, Chocolate Pie or Fruit, Beverage....\$4.00
LUNCH CHOICE 3: Chicken & Black Bean Salad w/ mixed greens, chicken, black beans, tomato, carrot, green onion, cheddar & Pepper Jack cheese, Wheat Roll or Crackers, Chocolate Pie or Fruit, Beverage...\$4.00
SOUP: Garden Chili (Vegetarian).....\$1.00
ALA CARTE: Black Bean Burger \$2.00 w/ cheese \$2.25 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 w/out banana \$2.50
DINNER: Meatloaf, Mashed Potato w/ gravy, Carrots, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$4.00

Please no substitutions

Tuesday

Please place order by 10 am

BREAKFAST: Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea.....\$4.00
LUNCH CHOICE 1: Tacos (3) w/ shredded lettuce, tomato, cheese & salsa, Refried Beans, Cake or Fruit, Beverage \$4.00
LUNCH CHOICE 2: Summer Salad w/ mixed greens, chicken, black olives, cranberries, mandarin oranges, nuts & chow mein noodles, Sesame Dressing, Cake or Fruit, Beverage...\$4.00
SOUP: Potato & Roasted Red Pepper (Vegetarian)...\$1.00
ALA CARTE: Ham & Pepper Jack Sandwich \$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 Smoothie w/out banana \$2.50
DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert, Beverage.....\$4.00

Please place order by 10 am

Wednesday

No substitutions please

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea.....\$4.00
LUNCH CHOICE 1: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot & Pineapple Salad, Wheat Tortilla, Fruit Crisp or Fruit, Beverage..... \$4.00
LUNCH CHOICE 2: Chicken or Veggie Crumble Stir Fry, Steamed Brown Rice, Carrot & Raisin Salad, Fruit Crisp or Fruit, Beverage....\$4.00
LUNCH CHOICE 3: Steak Salad w/ mixed greens, beef, mushroom, tomato, red onion, walnuts & Feta cheese, Wheat Roll or Crackers, Fruit Crisp or Fruit, Beverage...\$4.00
SOUP: Piquant Vegetable w/ Chickpeas (Vegetarian)....\$1.00
ALA CARTE: Turkey & Swiss Sandwich...\$2.00 w/ cheese...\$2.25 Side Salad: \$1.25 Smoothie w/ fruit & banana \$1.75
INNER: Roast turkey w/ gravy, Stuffing, TO Style Spinach & Onions, Carrot Sticks & Pepper Salad, Wheat Roll, Dessert, Beverage.....\$4.00

Thursday Please place order by 10 am

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$4.00
LUNCH CHOICE 1: Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Cookies or Fruit, Beverage \$4.00
LUNCH CHOICE 2: Turkey & Sweet Potato Chili, Vegan Cornbread, Tomato & Cucumber Salad, Cookies or Fruit, Drink..\$4.00
LUNCH CHOICE 3: Chicken Caesar Salad w/ mixed greens, chicken, black olives, red bell pepper, lemon, parmesan cheese & croutons, Cookies or Fruit, Beverage....\$4.00
SOUP: Cauliflower (Vegetarian)....\$1.00
ALA CARTE: Roast Beef & Provolone Sandwich \$2.00 Side Salad: \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50
DINNER: Pork Loin w/ gravy, Baked Yam, Green Beans, Mixed Green Salad, Wheat Roll Dessert, Beverage..\$4.00

Please place order by 10 am

Friday

BREAKFAST: Malt O Meal, Fried Egg, Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$4.00
LUNCH CHOICE 1: Seasoned Baked Chicken w/ Gravy, Quinoa w/ Corn, TO Style Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$4.00
LUNCH CHOICE 2: Spinach Salad w/ bacon, egg, mushroom, tomato, red onion & walnuts, Wheat Roll or Crackers, Dessert or Fruit, Beverage....\$4.00
SOUP: Golden Corn w/ Chilies (Vegetarian)....\$1.00
ALA CARTE: Egg Salad Sandwich....\$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 w/out banana \$2.50
DINNER: Pot Roast w/ Potato, Carrots & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage \$4.00

Hours of Operation: Breakfast 7:30am to 9:00am / Lunch 11:30am to 1:30pm / Dinner 5:00pm to 5:45pm

To place an order, call 383-7362