

The Chili Pepper Café

TON Sells Hospital

Week: January 7 - 11, 2019

No substitutions please

Menu can be viewed @[http:// www.tonhc.org/](http://www.tonhc.org/)

Please place order by 10 am

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, Mixed Green Salad, , Banana Bar or Fruit, Beverage...\$4.00

LUNCH CHOICE 2: Black Bean & Tortilla Casserole, Salsa, Mixed Green Salad, Banana Bar or Fruit, Beverage...\$4.00

LUNCH CHOICE 3: Caribbean Chicken Salad w/ mixed greens, chicken, black beans, tomato & pineapple, Mint Vinaigrette, Wheat Roll or Crackers, Banana Bar or Fruit, Beverage.....\$4.00

SOUP: Cauliflower (Vegetarian)...\$1.00

ALA CARTE: Ham & Provolone Sandwich \$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50

DINNER: Meatloaf, Mashed Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, Dessert, Beverage...\$4.00

Tuesday

BREAKFAST: Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea.....\$4.00

LUNCH CHOICE 1: Tacos (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Ice Cream Sundae or Fruit, Beverage.. 4.00

LUNCH CHOICE 2: Mixed Greens & Chicken Salad w/ chicken, pineapple, mandarin oranges, cranberries, apricots & pecans, Wheat Roll or Crackers, Ice Cream Sundae or Fruit, Beverage....\$4.00

SOUP: Black Bean & Lentil (Vegetarian)...\$1.00

ALA CARTE: Turkey & Swiss 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

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Wednesday

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 Raisin Salad, Wheat Tortilla, Cookie or Fruit, Beverage..... \$4.00

LUNCH CHOICE 2: Mushroom, Black Bean & Mushroom Melt, Cup of Soup, Choice of Chip, Cookie or Fruit, Beverage....\$4.00

CHOWDER: Broccoli-Cheese (Vegetarian)...\$1.00

LUNCH CHOICE 3: Chicken Clubhouse Salad w/ mixed greens, chicken, bacon, green onion, tomato, cucumber, carrot & cheddar cheese, Wheat Roll or Crackers, Cookie or Fruit, Beverage...\$4.00

ALA CARTE: Sub Sandwich...\$3.00 Side Salad: \$1.25 Smoothie w/ fruit & banana \$1.75 w/out banana \$2.50

DINNER: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Pepper Salad, Wheat Roll, Dessert, Beverage...\$4.00

Thursday

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, Pie or Fruit, Beverage\$4.00

LUNCH CHOICE 2: Jalapeno Quiche, Mixed Vegetables, Tomato & Cucumber Salad, Pie or Fruit, Drink..\$4.00

LUNCH CHOICE 3: Spinach Caprese Salad w/ chicken, tomato, cucumber, basil, fresh mozzarella, Vinaigrette, Wheat Roll or Crackers, Pie or Fruit, Beverage....\$4.00

SOUP: Mexican Corn (contains chicken)...\$1.00

ALA CARTE: Tuna Salad Sandwich \$2.00 Side Salad: \$1.25 Smoothie w/ fruit & banana \$1.75 Smoothie 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, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$4.00

LUNCH CHOICE 2: Spinach Lasagna, Mixed Green Salad, Garlic Toast, Dessert or Fruit, Beverage \$4.00

LUNCH CHOICE 3: Black Bean & Pepper Tuna Salad w/ mixed greens, tuna, black beans, red & yellow bell pepper, red & green onion, cilantro, Cumin Vinaigrette, Wheat Roll or Crackers, Dessert or Fruit, Beverage...\$4.00

SOUP: Potato & Roasted Red Pepper (Vegetarian)\$1.00

ALA CARTE: Egg Salad Sandwich....\$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75

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