

The Chili Pepper Café

TON Sells Hospital

Week: February 4 – 8 2019

No substitutions please

Menu posted @ <http://www.tonhc.org>

Please place lunch order by 10 am Monday

BREAKFAST: Malt O Meal, Pancakes, Sausage, Applesauce, Coffee or Tea.....\$4.00

LUNCH CHOICE 1: Tepary Bean Stew w/ Beef, Toss Salad, Wheat Tortilla, Banana Cake or Fruit, Beverage...\$4.00

Lunch Choice 2: Corn, Black Bean & Roasted Pepper Quesadilla, Toss Salad, Salsa, Banana Cake or Fruit, Beverage \$4.00

Lunch Choice 3: Chicken and Apple Salad w/mixed greens, chicken, two types of apples, celery, pecans and swiss cheese, Wheat rolls or Crackers, Banana Cake or fruit .Beverage \$4.00

Soup Cream of Broccoli (Vegetarian)

ALA CARTE: Roast beef & Muenster Sandwich \$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75

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

Tuesday

Please place dinner order by 3 pm

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

LUNCH CHOICE 1: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Pudding or Fruit, Beverage \$4.00

LUNCH CHOICE 2: Black Bean Chili w/ Cilantro Pesto, Toss salad, Cornbread, Pudding or Fruit, Beverage.\$4.00

Lunch Choice 3: Chicken Caesar Salad w/mixed greens, chicken, black olives, red peppers, parmesan cheese, lemon and croutons, pudding or fruit Beverage \$4.00

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

ALA CARTE: Ham & American Cheese Sandwich \$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 w/out banana \$2.50

DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert, Beverage.....\$4.00

Please place lunch order by 10 am Wednesday

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea.....\$4.00

LUNCH CHOICE 1:Roast Turkey w/gravy Stuffing, TO spinach & onion, Tossed Salad ,Wheat roll, Cookies or Fruit Beverage \$4.00

LUNCH CHOICE 2: Hamburger or Black Bean Burger w/ lettuce, tomato, pickle & onion, Baked fries, Cookies or Fruit, Beverage \$4.00

LUNCH CHOICE 3: Chicken Club House Salad, w/ mixed greens, chicken, bacon, green onions, tomato, cucumber, carrots and cheddar cheese, Wheat Roll or Crackers, Cookies or Fruit, Beverage...\$4.00

SOUP: Cream of Potato (Vegetarian.)\$ 1.00

ALA CARTE: Turkey and Swiss Sandwich...\$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50

DINNER: Garbanzo Bean Stew w/beef, Zucchini, Tomato and carrot Sticks, Wheat Tortilla, Cookies or Fruit, Beverage \$4.00

Thursday

Please place dinner order by 3 pm

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$4.00

LUNCH CHOICE 1: Roast Pork w/ Gravy, Baked Yam, Green Beans, Broccoli Salad, Wheat Roll, Coconut Cream Pie or Fruit, Drink 4.00

LUNCH CHOICE 2:Spinach Lasagna, Broccoli Salad, Garlic Toast, Coconut Cream Pie or Fruit, Beverage...\$4.00

LUNCH CHOICE 3: Greek Chicken Salad w/ mixed greens, chicken, Kalamata olives, cucumber, green onion, Feta cheese, Greek Vinaigrette, Wheat Roll or Crackers, Coconut Cream Pie or Fruit, Beverage....\$4.00

SOUP : Golden Corn Chowder w/ Roasted Chilies\$1.00

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

DINNER: Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Dessert, Beverage..\$4.00

Please place lunch 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:Pot Roast w/Potatoes, Carrots & Onions, Tossed salad, Wheat Rolls, Dessert or Fruit, Beverage \$4.00

LUNCH CHOICE 2: Pizza (Supreme, Pepperoni, Veggie or Supreme with veggie crumble) Toss salad, Dessert or Fruit, Beverage \$4.00

LUNCH CHOICE 3: Mixed Greens & Chicken Salad, w/ chicken, pineapple, mandarin oranges, cranberries, apricots & pecans, Wheat Roll or Crackers, Dessert or Fruit, Beverage.....\$4.00

Soup: Ranchera Soup (contains chicken)\$1.00

ALA CARTE: Sub Sandwich \$3 00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50

DINNER: Chicken w/ gravy, Quinoa w/corn TO Spinach & onion, 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

The Chili Pepper Café accepts debit/credit card payment.