

# The Chili Pepper Café

## TON Sells Hospital

Week: March 11 – 15, 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:** Meatloaf, Mashed Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, Cheesecake or Fruit, Beverage...\$4.00

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

**LUNCH CHOICE 3:** Chicken & Black Bean Salad w/ mixed greens, chicken, black beans, carrot, tomato, green onions, cheddar & pepper jack cheeses, Cheesecake or Fruit, Beverage...\$4.00

**SOUP:** Mushroom Barley (Vegetarian)...\$1.00

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

**DINNER:** Tepary Bean Stew w/ Beef, Mixed Green Salad, Wheat Tortilla, Dessert, 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, Bread Pudding or Fruit, Beverage \$4.

**LUNCH CHOICE 2:** Swiss Spinach Quiche, Mixed Vegetables, Lettuce & Tomato Salad, Bread Pudding or Fruit, Drink...\$4.00

**LUNCH CHOICE 3:** Summer Salad w/ mixed greens, cranberries, mandarin oranges, black olives, walnuts & chow mein noodles, Bread Pudding or Fruit, Beverage....\$4.00

**CHOWDER:** Chipotle Corn (Vegetarian)...\$1.00

**ALA CARTE:** Sub Sandwich \$3.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no 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:** Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Salad, Wheat Tortilla, Pie or Fruit, Beverage...\$4

**LUNCH CHOICE 2:** Chicken or Veggie Crumble Teriyaki, Steamed Brown Rice, Carrot Salad, Pie or Fruit, Drink...\$4.00

**LUNCH CHOICE 3:** Chicken & Strawberry Salad w/ mixed greens, chicken, red onion, celery, pecans, strawberries & Provolone cheese, Honey Dressing, Wheat Roll or Crackers, Apple Pie or Fruit, Beverage.....\$4.00

**SOUP:** Italian Sausage...\$1.00

**ALA CARTE:** Roast Beef & Cheddar Sandwich...\$2.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50

**DINNER:** Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Tomato Salad, Wheat Roll, Dessert, Drink \$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, Tossed Salad, Wheat Roll, Cookie or Fruit, Drink.. \$4.00

**LUNCH CHOICE 2:** Black Bean & Vegetable Quesadilla, Salsa, Tossed Salad, Cookie or Fruit, Beverage..\$4.00

**LUNCH CHOICE 3:** Spinach Caprese Salad w/ spinach, chicken, tomato, cucumber, basil & mozzarella, Wheat Roll or Crackers, Cookie or Fruit, Beverage....\$4.00

**SOUP:** Black Bean & Lentil (Vegetarian).....\$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:** 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:** Baked Cod w/ orange, Jalapeno Rice, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage...\$4.00

**LUNCH CHOICE 3:** Chicken & Beet Salad w/ mixed greens, chicken, beets grapes, avocado & Feta cheese, Wheat Roll or Crackers, Dessert or Fruit, Beverage....\$4.00

**SOUP:** Vegetable.....\$1.00

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