

# The Chili Pepper Café

## TON Sells Hospital

Week: April, 8 – 12, 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:** Caribbean Chicken Salad w/ mixed greens, chicken, black beans, tomato & pineapple, Mint Vinaigrette, Wheat Roll or Crackers, Cheesecake or Fruit, Beverage...\$4.00

**CHOWDER:** Broccoli (Vegetarian)...\$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:** 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:** Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Bread Pudding or Fruit, Drink 4.

**LUNCH CHOICE 2:** Tortellini w/ Marinara Sauce, Mixed Vegetables, Garlic Toast, Bread Pudding or Fruit, Drink...\$4.00

**LUNCH CHOICE 3:** Spinach Salad w/ baby spinach, egg, bacon, red onion, mushroom, tomato & walnuts, Wheat Roll or Crackers, Bread Pudding or Fruit, Beverage...\$4.00

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

**ALA CARTE:** Turkey & Swiss Sandwich \$3.00 Side Salad \$1.25 Smoothie w/ fruit & banana \$1.75 no banana \$2.50

**DINNER:** Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, 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, Spinach & Onions, Carrot & Raisin Salad, Wheat Roll, Cream Puff or Fruit, Beverage...\$4

**LUNCH CHOICE 2:** Grilled Cheese Sandwich, Cup of Soup, Choice of Chip, Cream Puff 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, Cream Puff or Fruit, Beverage.....\$4.00

**SOUP:** Tomato & Rice (Vegetarian)...\$1.00

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

**DINNER:** Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot & Pepper Salad, Wheat Tortilla, Dessert, 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:** Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Cookie or Fruit, Beverage... \$4.00

**LUNCH CHOICE 2:** Mushroom, Black Bean & Green Chili Melt, Bowl of Soup, Cookie or Fruit, Beverage..\$4.00

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

**SOUP:** Black Bean & Lentil (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:** Roast Pork w/ Gravy, Baked Yam, Green Beans, Tossed 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, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$4.00

**LUNCH CHOICE 2:** Baked Pasta w/ 4 Cheeses, Mixed Green Salad, Garlic Toast, Dessert or Fruit, Beverage...\$4.00

**SOUP:** Piquant Vegetable w/ Chickpea(Vegetarian).....\$1.00

**ALA CARTE:** Sub Sandwich \$3.00 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**