

# The Chili Pepper Café

## TON Sells Hospital

Week: June 10 - 14, 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...\$5.00

**LUNCH CHOICE 1:** Meatloaf, Mashed Potatoes w gravy, Carrots, Tossed Salad, Wheat Roll, Banana Bar or Fruit, Beverage...\$5.00

**LUNCH CHOICE 2:** Chicken with Walnuts, Coconut Rice, Tossed Salad, Banana Bar or Fruit, Beverage...\$5.00

**LUNCH CHOICE 3:** Summer Salad w mixed greens, chicken, cranberries, black olives, mandarin oranges, chow mein noodles, Wheat Roll or Crackers, Banana Bar or Fruit, Beverage...\$5.00

**SOUP:** Mushroom Barley Soup (vegetarian) ...\$1.50

**ALA CARTE:** Tuna fish Sandwich...\$3.00 Side Salad...\$1.25 Smoothie...\$2.50

**DINNER:** Tepary Bean Stew w beef, Mixed Green Salad, Wheat Tortilla, Dessert or Fruit, Beverage...\$5.00

### *Tuesday*

### *Please place dinner order by 3 pm*

**BREAKFAST:** Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea....\$5.00

**LUNCH CHOICE 1:** Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Cookies or Fruit, Beverage\$5.00

**LUNCH CHOICE 2:** Tofu, Vegetable, and Curry Stir Fry, Asian Noodles, Waldorf Salad, Cookies or Fruit, Beverage.\$5.00

**LUNCH CHOICE 3:** Chicken Greek Salad w mixed greens,, chicken, Kalamata olives, cucumbers, green onions, , and feta cheese Wheat Roll or Crackers, Cookies or Fruit, Beverage.....\$5.00

**SOUP:** Smoky Vegetable Bean Soup (Vegetarian)...\$1.50

**ALA CARTE:** Black Bean Burger Sandwich.... \$2.00 Side Salad...: \$1.25 Smoothie... \$2.50

**DINNER:** Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Cookies or Fruit, Beverage...\$5.00

### *Please place lunch order by 10 am Wednesday*

**BREAKFAST:** Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea....\$5.00

**LUNCH CHOICE 1:** Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Toss Salad, Wheat Tortilla, Chocolate Cream Pie or Fruit, Drink...\$5:00

**LUNCH CHOICE 2:** Turkey & Mango Chutney Wrap, Baked Fries, Toss Salad, Chocolate Cream Pie or Fruit, Beverage... \$5.00

**LUNCH CHOICE 3:** Chicken and Black Bean Salad w mixed greens, chicken, black beans, tomatoes, carrots ,green onions, cheddar cheese and pepper jack cheese, Chocolate cream Pie or Fruit, Beverage.....\$5.00

**SOUP:** Cuban- Style Black Bean Soup (Vegetarian)...\$1.50

**ALA CARTE:** Turkey and Swiss Sandwich...\$2.00 Side Salad...\$1.25 Smoothie...\$2.50

**DINNER:** Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Raisin Salad, Wheat Roll, Dessert or Fruit, Beverage...\$5.00

### *Thursday*

### *Please place dinner order by 3 pm*

**BREAKFAST:** Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea....\$5.00

**LUNCH CHOICE 1:** Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Fruit crisp or Fruit, Beverage..\$5:00

**LUNCH CHOICE 2:** Penne and Eggplant with Mint Pesto, Tomato & Cucumber Salad, Garlic Toast, Fruit Crisp or Fruit, Beverage..\$5.00

**LUNCH CHOICE 3:** Steak salad w/ mixed greens, beef, tomatoes, red onion, mushrooms, walnuts, and Bleu cheese Fruit Crisp or Fruit, Beverage....\$5.00

**SOUP:** Ranchera Soup with Chicken.....\$1.50

**ALA CARTE:** Ham & Pepper Jack Sandwich ...\$2.00 Side Salad... \$1.25 Smoothie...\$2.50

**DINNER:** Roast Pork w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Dessert, Beverage....\$5.00

### *Please place lunch order by 10 am Friday*

**BREAKFAST:** Malt O Meal, Fried Egg, Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$5.00

**LUNCH CHOICE 1:** Seasoned Baked Chicken w/ Gravy, Quinoa w/ Corn, TO Style Spinach & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$5.00

**LUNCH CHOICE 2:** Vegetable & Bean Tostadas, Jalapeno Rice. Mixed Green Salad, Dessert or Fruit, Beverage...\$5.00

**LUNCH CHOICE 3:** Tuna and Black bean Salad w mixed greens, tuna, red and yellow peppers, red onion , green onions, black beans, cilantro, cumin dressing, Wheat Roll or Crackers, Dessert or Fruit, Beverage...\$5.00

**SOUP:** Garden Chili Soup (vegetarian)...\$1.50

**ALA CARTE:** Roast beef and cheddar cheese Sandwich.\$2.00 Side Salad.....\$1.25 Smoothie....\$2.50

**DINNER:** Pot Roast w/ Potato, Carrots & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage \$5.00

**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**

