

The Chili Pepper Café

TON Sells Hospital

Week: Aug 19 - 23, 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: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Pineapple Cake or Fruit, Drink \$5.
LUNCH CHOICE 2: Hamburger or Black Bean Burger w/ lettuce, tomato, pickle & onion, Baked Fries, Cake or Fruit,
LUNCH CHOICE 3: Caribbean Chicken Salad w/ greens, chicken, black beans, tomato & pineapple, Wheat Roll or Crackers, Mint Vinaigrette, Cake or Fruit, Beverage..\$5.00
SOUP: Piquant Vegetable & Chickpea (Vegetarian)....\$1.50
ALA CARTE: Turkey & Swiss Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Meatloaf, Mashed Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, 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: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Cookie, Drink...\$5.00
LUNCH CHOICE 2: Grilled Cheese Sandwich, Cup of Soup, Choice of Chips, Cookie or Fruit, Beverage.....\$5.00
LUNCH CHOICE 3: Summer Salad w/ mixed greens, chicken, black olives, mandarin oranges, cranberries, nuts & chow mein noodles, Sesame Dressing, Cookie or Fruit, Beverage.....\$5.00
CHOWDER: Tomato & Rice (Vegetarian).....\$1.50
ALA CARTE: Tuna Salad Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert 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, Carrot & Raisin Salad, Wheat Tortilla, Ice Cream Sundae or Fruit, Beverage.....\$5.00
LUNCH CHOICE 2: Grilled Corn, Black Bean & Roasted Red Pepper Quesadilla, Salsa, Carrot & Raisin Salad, Ice Cream Sundae or Fruit, Drink...\$5.00
LUNCH CHOICE 3: Chicken & Strawberry Salad w/ greens, chicken, strawberries, red onion, celery, pecans & Swiss cheese, Wheat Roll or Crackers, Ice Cream Sundae or Fruit, Beverage.....\$5.00
SOUP: Lima Bean & Ham...\$1.50
ALA CARTE: Ham & Muenster Sandwich...\$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Pepper Salad, Wheat Roll, Dessert or Fruit, Drink...\$5

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, Brownie or Fruit, Beverage.....\$5.00
LUNCH CHOICE 2: Mushroom, Black Bean & Green Chili Melt, Choice of Chip, Brownie or Fruit, Beverage..... \$5.00
LUNCH CHOICE 3: Chinese Chicken Salad w/ greens, chicken, celery, carrot, green onion, sesame seeds, walnuts & chow mein noodles, Rice Wine Vinaigrette, Brownie or Fruit, Beverage....\$5.00
SOUP: Minestrone (Vegetarian).....\$1.50
ALA CARTE: Sub Sandwich \$3.00 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: Pot Roast w/ Potato, Carrots & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage.....\$5.00
LUNCH CHOICE 2: Sicilian Rice & Vegetables, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage...\$5.00
LUNCH CHOICE 3: Chicken & Pear Salad w/ mixed greens, chicken, pears, bell pepper, cranberries, red onion, walnuts & Bleu cheese, Dessert or Fruit, Beverage....\$5.00
SOUP: Potato & Roasted Red Pepper (Vegetarian).....\$1.50
ALA CARTE: Roast Beef & Cheddar Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50
DINNER: Seasoned Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Mixed Green 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