

The Chili Pepper Café

TON Sells Hospital

Week: March 23 - 27, 2020

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 Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, Apple Pie or Fruit, Beverage.....\$5.00

LUNCH CHOICE 2: Chicken & Black Bean Salad w/ greens, black beans, chicken, tomato, carrot, green onion, cheddar & pepper jack cheeses, Wheat Roll or Crackers, Pie or Fruit, Beverage.....\$5.00 *We do offer chicken sub product.*

SOUP: Cauliflower (Vegetarian)....\$1.50

ALA CARTE: Tuna Salad Sandwich \$2.00 Side Salad \$1.25 Smoothie \$2.50

DINNER: Tepary Bean Stew w/ Beef, Tossed 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: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried Beans, Fruit Crisp or Fruit, Beverage...\$5.00

LUNCH CHOICE : Chicken & Beet Salad w/ greens, chicken, beets, grapes, avocado & Feta cheese, Wheat Roll or Crackers, Crisp or Fruit, Beverage....\$5.00 *A chicken sub product is available.*

SOUP: Chicken & Dumpling ...\$1.50

ALA CARTE: Ham & Pepper Jack 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

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Wednesday

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

LUNCH CHOICE 1: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Pineapple Salad, Wheat Roll, Cookies or Fruit, Beverage.....\$5.00

LUNCH CHOICE 2: Chicken & Pear Salad w/ greens, chicken, pears, cranberries, bell pepper, red onion, walnuts & bleu cheese, Wheat Roll or Crackers, Cookies or Fruit, Beverage....\$5.00 *Chicken sub product available.*

SOUP: Cream of Potato (Vegetarian)....\$1.50

ALA CARTE: Egg Salad Sandwich...\$2.00 Side Salad \$1.25 Smoothie \$2.50

DINNER: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot & Tomato Salad, Wheat Tortilla, 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, Beets, Tomato & Cucumber Salad, Wheat Roll, Brownie or Fruit, Beverage ..\$5.00

LUNCH CHOICE 3: Summer Salad w/ greens, chicken, black olives, cranberries, mandarin oranges, walnuts & chow mein noodles, Sesame Dressing, Brownie or Fruit, Beverage...\$5.00 *Chicken sub product available*

SOUP: Smoky Pasta & Bean (contains turkey bacon) ...\$1.50

ALA CARTE: Turkey & Muenster 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

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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, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage....\$5.00

LUNCH CHOICE 2: Tuna & Noodles, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert of Fruit, Beverage...\$5.00

CHOWDER: Cheddar Potato (contains ham)....\$1.50

ALA CARTE: Sub Sandwich \$3.00 Side Salad \$1.25 Smoothie \$2.50

DINNER: Pot Roast w/ Potato, Carrots & 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