

The Chili Pepper Café

TON Sells Hospital

Week: January 30 - February 3, 2023

No substitutions please

Please place lunch order by 10 am

Monday

BREAKFAST: Malt O Meal, Pancakes, Boiled Egg, Sausage, Applesauce, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Bread Pudding or Fruit, Beverage.....\$7.00

LUNCH CHOICE 2: Shrimp Alfredo, Tossed Salad, Garlic Toast, Bread Pudding or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Greek Chicken Salad w/ greens, chicken, Kalamata olives, onion, cucumber & Feta cheese, Wheat roll or Crackers, Bread Pudding or Fruit, Beverage....\$7.00

SOUP: Cream of Potato (V)

ALA CARTE: Ham & Provolone Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Meatloaf, Mashed Potato w/ Gravy, Carrots, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage....\$7.00

Tuesday

Please place dinner order by 3 pm

BREAKFAST: Oatmeal, Boiled Egg (2), Bagel w/ Cream Cheese, Grapes, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Roast Pork w/ Gravy, Yams, Mixed Vegetables, Waldorf Salad, Wheat Roll, Banana Cake or Fruit, Beverage...\$7

LUNCH CHOICE 2: Hamburger or Black Bean Burger w/ lettuce, tomato, onion & pickle, Baked Fries, Banana Cake or Fruit, Beverage....\$7.00 **w/ Cheese add .75¢**

LUNCH CHOICE 3: Chicken & Pear Salad w/ greens, chicken, pears, bell pepper, cranberries, red onion, walnuts & Bleu cheese, Wheat roll or Crackers, Banana Cake or Fruit, Beverage...\$7.00

SOUP: Chipotle Corn Chowder (V)....\$1.75

ALA CARTE: Turkey & Swiss Cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried beans, Dessert or Fruit, Beverage...\$7.00

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Wednesday

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bacon (2), Bran Muffin, Pineapple, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Garbanzo Bean Stew w/ Beef, Zucchini, Broccoli Salad, Wheat Tortilla, Fruit Crisp or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Grilled Cheese Sandwich, Cup of Soup, Choice of Chip, Fruit Crisp or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Mediterranean Bean Salad w/ greens, garbanzo & black beans, tomato, cucumber, green onion, parsley, mint, Feta cheese, Wheat roll or Crackers, Fruit Crisp or Fruit, Beverage...\$7.00

SOUP: Tomato Rice (V)....\$1.75

ALA CARTE: Roast Beef & Cheddar Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Raisin Salad, Wheat Roll, Dessert or Fruit, Drink...\$7.00

Please place dinner order by 3 pm

Thursday

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Banana Cream Pie or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Turkey & Mango Chutney Wrap (contains nuts), Choice of Chip, Tomato & Cucumber Salad, Banana Cream Pie or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Summer Salad w/ greens, chicken, black olives, mandarin oranges, cranberries, chow mein noodles & walnuts, Wheat Roll or Crackers, Banana Cream Pie or Fruit, Beverage....\$7.00

SOUP: Potato & Roasted Red Pepper (V)...\$1.75

ALA CARTE: Sub Sandwich \$4.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Pork Roast w/ Gravy, Baked Yam, Mixed Vegetables, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink....\$7.00

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Friday

BREAKFAST: Malt O Meal, Fried Egg (2), Cooked Beans with Salsa, Wheat Tortilla, Dessert or Fruit, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Chicken Cobb Salad w/ greens, chicken, bacon, egg, tomato, green onion, avocado & Bleu cheese crumble, Wheat Roll or Crackers, Dessert or Fruit, Beverage...\$7.00

SOUP: Asian Tofu Noodle (V)...\$1.75

ALA CARTE: Tuna Salad Sandwich \$4.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Dessert or Fruit, Beverage...\$7.00

Hours of Operation: Breakfast 7:30am to 9:00am / Lunch 11:30am to 1:30pm / Dinner 5:00pm to 6:00pm

To place an order, call 383-7200 then ext. 0 ask to be connected to the kitchen