

# The Chili Pepper Café

## TON Sells Hospital

Week: January 9-13, 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, Pineapple Upside Down Cake or Fruit, Beverage .....\$7.00

**LUNCH CHOICE 2:** Spinach Lasagna, Mixed Vegetables, Garlic Toast, Tossed Salad, Pineapple Upside Down Cake or Fruit, Beverage....\$7.00

**LUNCH CHOICE 3:** Chicken & Apple Salad w/ greens, granny smith & gala apples, celery, nuts & Swiss cheese, wheat roll or Crackers, Pineapple Upside Down Cake or Fruit, Beverage....\$7.00

**SOUP:** Cream of Mushroom (V)...\$1.75

**ALA CARTE:** Ham & Pepper jack Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

**DINNER:** Meatloaf, Mashed Potato w/ Gravy, Carrots, Tossed Salad, Wheat Roll, Dessert, 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:** Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried beans, Cookies or Fruit, Beverage...\$7.00

**LUNCH CHOICE 2:** Tortellini Primavera w/ Walnut Sauce, Mixed Vegetables, Tossed Salad, Garlic toast, Cookies or Fruit, Beverage....\$7.00

**LUNCH CHOICE 3:** Chef Salad w/ greens, turkey, ham, salami, egg, cucumber, carrot, tomato, cheddar & provolone cheese, Vinaigrette, Wheat Roll or Crackers, Cookies or Fruit, Beverage....\$7.00

**SOUP:** Lentil and Black Bean (V)...\$1.75

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

**DINNER:** Roast Pork w/ Gravy, Yams, Mixed Vegetables, Waldorf Salad, Wheat Roll, Dessert, Beverage...\$7.00

*Please place lunch order by 10 am*

### 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, Tossed Salad, Wheat Tortilla, Lemon Pie or Fruit, Beverage...\$7.00

**LUNCH CHOICE 2:** Mushroom Quiche, Zucchini, Tossed Salad, Lemon Pie or Fruit, Beverage...\$7.00

**LUNCH CHOICE 3:** Mixed Greens & Chicken Salad w/ Cranberries, Apricots, Mandarin Oranges, Pineapple & Nuts, Wheat Roll or Crackers, Lemon Pie or Fruit, Beverage....\$7.00

**SOUP:** Vegetable Barley (V)...\$1.75

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

**DINNER:** Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot & Raisin Salad, Wheat Tortilla, Dessert, Beverage ...\$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:** Pork Roast w/ Gravy, Baked Yam, Mixed Vegetables, Tossed Salad, Wheat Roll, Fruit Crisp or Fruit, Beverage....\$7.00

**LUNCH CHOICE 2:** Philly Cheesesteak or Philly Black Bean, Cup of Soup, Baked Fries, Fruit Crisp or Fruit, Beverage...\$7.00

**LUNCH CHOICE 3:** Steak Salad w/ mixed greens, beef strips, tomato, red onion, mushrooms, avocado, walnuts & feta cheese, Wheat Roll or Crackers, Fruit Crisp or Fruit, Beverage....\$7.00

**SOUP:** Mexican Corn (contains chicken)...\$1.75

**ALA CARTE:** Turkey & Muenster Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

**DINNER:** Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Dessert, Beverage...\$7.00

*Please place lunch order by 10 am*

### Friday

**BREAKFAST:** Malt O Meal, Fried Egg (2), Cooked Beans with Salsa, Wheat Tortilla, 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:** Almond Crusted Fish, Rice Pilaf, Spinach & Onion, Tossed Salad, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

**LUNCH CHOICE 3:** Black Bean & Tuna Pepper Salad w/ greens, tuna, black beans, red & yellow peppers, green & red onion, cucumber, carrot cilantro, Wheat Roll or Crackers, Dessert or Fruit, Beverage...\$7.00

**SOUP:** Spicy African Peanut (V)...\$1.75

**ALA CARTE:** Egg Salad Sandwich \$3.00 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**