

The Chili Pepper Café

TON Sells Hospital

Week: March 13 - 17, 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: Meatloaf, Mashed Potato w/ Gravy, Carrots, Tossed Salad, Wheat Roll, Cheese Cake or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Club Sandwich w/ ham, turkey,bacon,Cup of Soup, Choice of Chip,Cheese Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chinese Chicken Salad w/ greens, chicken, celery, carrot, green onion, sesame seeds, walnuts & chow mein noodles, Wheat roll or Crackers, Cheese Cake or Fruit, Beverage....\$7.00

SOUP: Cauliflower (V)

ALA CARTE: Egg Salad Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, 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, Cookies or Fruit, Beverage...\$7

LUNCH CHOICE 2: Tofu Vegetable & Curry Stir Fry, Steamed Rice, Waldorf Salad, Cookies or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Steak Salad w/ greens, beef strips, tomato, red onion, mushrooms, nuts & Bleu cheese, Wheat roll or Crackers, Cookies or Fruit, Beverage...\$7.00

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

ALA CARTE: Tuna Salad 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: Roast Turkey w/ gravy, Stuffing, Spinach & Onions, Carrot & Raisin Salad, Wheat Roll, Banana Bar or Fruit, Beverage.... \$7.00

LUNCH CHOICE 2: Swiss Spinach Quiche, Mixed Vegetables, Carrot & Raisin Salad, Banana Bar or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chicken Clubhouse Salad w/ greens, chicken, bacon, cucumber, green onion, tomato, carrot & Cheddar cheese, Wheat roll or Crackers, Banana Bar or Fruit, Beverage....\$7.00

SOUP: Broccoli (V)...\$1.75

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

DINNER: Garbanzo Bean Stew w/ Beef, Zucchini, Tossed Salad, Wheat Tortilla, Dessert or Fruit, Beverage...\$7.00

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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, Pie or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Mushroom Black Bean and Chili Melt, Cup of Soup, Choice of Chip, Pie or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chicken and Beet Salad w/ greens, chicken, beet, grapes, avocado & Feta cheese, Wheat roll or Crackers, Pie or Fruit, Beverage....\$7.00

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

ALA CARTE: Ham and Cheddar Sandwich \$3.00 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

Please place lunch order by 10 am

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

LUNCH CHOICE 2: Tuna Noodle Casserole, Steamed Vegetables, Mixed Green Salad, Dessert or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Summer Salad w/ greens, chicken, black olives, cranberries, mandarin oranges, nuts & chow mein noodles, Dessert or Fruit, Beverage....\$7.00

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

ALA CARTE: Turkey and Swiss cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Mixed Green Salad, Wheat Roll, 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