

The Chili Pepper Café

TON Sells Hospital

Week: May 22 - 26, 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, Chocolate Cake or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Jalapeno Quiche, Green Beans, Tossed Salad, Wheat Roll, Chocolate Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Summer Salad w/ mixed greens, chicken, cranberries, Mandarin oranges, black olives, walnuts, chow mein noodles, Chocolate Cake or Fruit, Beverage....\$7.00

SOUP: Italian Tortellini (contains sausage)

ALA CARTE: Turkey and Muenster 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: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried beans, Cookies or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Cheese and Broccoli Strata, Mixed Vegetables, Tossed Salad, Cookies or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Greek Chicken Salad w/ mixed greens, chicken, Kalamata olives, cucumbers, green onions and Feta cheese, Wheat roll or Crackers, Cookies or Fruit, Beverage...\$7.00

Soup: Broccoli-Cheese Chowder (V)....\$1.75

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

DINNER: Roast Pork w/ Gravy, Yams, Mixed Vegetables, Waldorf Salad, Wheat Roll, 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, Carrot & Raisin Salad, Wheat Tortilla, Banana Bar or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Black Bean and Vegetable Quesadilla, Carrot & Raisin Salad, Banana Bar or Fruit, Drink...\$7.00

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

ALA CARTE: Ham and Pepper Jack 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: Pork Roast w/ Gravy, Baked Yam, Mixed Vegetables, Tossed Salad, Wheat Roll, Fruit Crisp or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Hamburger or Black Bean Burger w/ lettuce, tomato, onion, pickle, Baked Fries, Fruit Crisp or Fruit, Beverage...\$7.00 **Add .75¢ each for cheese or any extra topping**

LUNCH CHOICE 3: Spinach Salad w/ spinach, bacon, boiled egg, red onion, walnuts, mushrooms & tomato wedges, Wheat roll or Crackers, Fruit Crisp or Fruit, Beverage....\$7.00

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

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

DINNER: Swiss Steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Dessert or Fruit, Drink \$7.

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

LUNCH CHOICE 2: Eggplant and Chickpea Ragout on Pasta, Garlic Toast, Green Salad, Dessert or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chicken Cobb Salad w/ mixed greens, chicken, bacon, avocado, green onions, tomato, boiled egg and Bleu cheese, Wheat roll or Crackers, Dessert or Fruit, Beverage....\$7.00

SOUP: Chicken Tortilla...\$1.75

ALA CARTE: Tuna Salad 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 520-383-7200 press ext. 5190 to be connected to the kitchen