

The Chili Pepper Café

TONHC Sells Hospital

Week: September 18 - 22, 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, Pumpkin Pie or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Pineapple-Black Bean Enchiladas, Spanish Rice, Tossed Salad, Pumpkin Pie or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chicken Cobb Salad w/ mixed greens, chicken, bacon, tomatoes, avocado, green onions, boiled egg, Bleu cheese, Wheat Roll or Crackers, Pumpkin Pie or Fruit, Beverage...\$7.00

SOUP: Ranchero (contains chicken)

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

LUNCH CHOICE 2: Turkey Curry-Chutney Peanut Wrap, Cup of Soup, Choice of Chip, Cookies or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Chicken Clubhouse Salad w/ mixed greens, chicken, bacon, green onions, tomatoes, cucumbers, carrots, Cheddar cheese, Wheat Roll or Crackers, Cookies or Fruit, Beverage...\$7.00

SOUP: Hot and Sour (V)

ALA CARTE: Turkey and Pepper Jack 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: Roast Turkey w/ gravy, Stuffing, TO Spinach & Onions, Tossed Salad, Wheat Roll, Coconut Cream Pie or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Tortellini Primavera, Garlic Toast, TO Spinach & Onions, Coconut Cream Pie or Fruit, Drink...\$7.00

LUNCH CHOICE 3: Chicken and Apple Salad w/ mixed greens, chicken, gala and granny smith apples, celery, toasted almonds, Swiss cheese, Coconut Cream Pie or Fruit, Beverage...\$7.00

SOUP: Cheddar Potato Chowder (contains ham)...\$1.75

ALA CARTE: Roast Beef and Cheddar 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: Pork Roast w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Bread Pudding or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Indian Taco, Pinto Beans, lettuce, tomato, cheese & salsa, Bread Pudding or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Mediterranean Bean Salad w/ mixed greens, black beans, garbanzo beans, green onions, tomato, cucumber, parsley, Feta cheese, Wheat roll or Crackers, Bread Pudding or Fruit, Beverage...\$7.00

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

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

DINNER: Swiss Steak, Mashed Potato, Mixed Vegetable, Tomato and 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: Baked Chicken w/ Gravy, Quinoa w/ Corn, TO Spinach & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

SOUP: Mushroom Barley (V)...\$1.75

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

DINNER: Pot Roast w/ Potato, Carrots & 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