

The Chili Pepper Café

TONHC Sells Hospital

Week: September 25 - 29, 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, Lemon Bar or Fruit, Beverage....\$7.00

LUNCH CHOICE 2: Tofu Vegetable and Curry Stir Fry, Brown Rice, Toss Salad, Lemon Bar or Fruit, Beverage...\$7.00

LUNCH CHOICE 3: Black Bean and Pepper Tuna Salad w/ mixed greens, tuna, black beans, bell peppers, red and green onions, cucumbers, carrots, cilantro, Wheat roll or Crackers, Lemon Bar or Fruit, Beverage....\$7.00

SOUP: Italian Tortellini (contains sausage)

ALA CARTE: Tuna 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...\$7.00

LUNCH CHOICE 2: Hamburger or Black Bean Burger w/ lettuce, tomato, onion & pickles, Baked Fries, Cookies or Fruit, Beverage....\$7.00

LUNCH CHOICE 3: Chicken and Black Bean Salad w/ mixed greens, chicken, black beans, tomato, carrots, green onion, Cheddar and Pepper Jack cheese, Wheat roll or Crackers, Cookies or Fruit, Beverage...\$7.00

Soup: White Chili (contains chicken)....\$1.75

ALA CARTE: Ham and Pepper Jack 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, Drink...\$7

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, Banana Bar or Fruit, Beverage...\$7.00

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

LUNCH CHOICE 3: Caribbean Chicken Salad w/ mixed greens, black beans, tomatoes, pineapple, Wheat roll or Crackers, Banana Bar or Fruit, Beverage....\$7.00

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

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

DINNER: Roast Turkey w/ gravy, Stuffing, TO Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink... \$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, Pineapple Upside Down Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Shrimp Alfredo w/ Penne Pasta, Garlic Toast, Tomato & Cucumber Salad, Pineapple Upside Down Cake or Fruit, Beverage...\$9.00

LUNCH CHOICE 3: Spinach Salad w/ spinach, bacon, red onion, mushroom, tomato, walnuts, boiled egg, Wheat roll or Crackers, Pineapple Upside Down Cake or Fruit, Beverage....\$7.00

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

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

DINNER: Pork Roast w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink \$7.

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Friday

Indian Day

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, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

Holiday Options: Summer Salad, Pizza or Sandwich

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

DINNER: Baked Chicken w/ Gravy, Quinoa w/ Corn, TO 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