

# The Chili Pepper Café

## TON Sells Hospital

Week: Jan...29 –Feb. 2 2024

No substitutions please

*Please place lunch order by 10 am*

### Monday

**BREAKFAST:** Malt O Meal, Pancakes, Sausage, Applesauce, Coffee or Tea.....\$7.00

**LUNCH CHOICE 1:** Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Cream Puffs or Fruit, Drink...\$7.00

**Lunch Choice 2:** Spinach Lasagna, Garlic toast, Capri vegetables, toss salad, Cream Puffs, or Fruit, Drink...\$7.00

**Lunch Choice 3:** Chicken and Pear Salad w/ mixed greens, chicken, green or yellow peppers, pears, Bleu cheese, cranberries, red onions, walnuts, dinner roll or crackers, Cream Puffs or Fruit, Drink....\$7.00

**Soup:** Cream of vegetable

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

**DINNER:** Meatloaf, Mashed Potato w/ Gravy, Carrots, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Drink... \$7.

### Tuesday

*Please place dinner order by 3 pm*

**BREAKFAST:** Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea.....\$7.00

**LUNCH CHOICE 1:** Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, sour cream, Refried Beans, Cookies or Fruit, Drink...\$7.00

**LUNCH CHOICE 2:** Jalapeno Quiche, Mixed vegetables, Toss Salad, Cookies or Fruit, Drink.... \$7.00

**Choice 3:** Caribbean Chicken Salad w/ mixed greens, black beans, pineapple, tomatoes, Wheat roll or Crackers, Cookies or Fruit, Drink ....\$7.00

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

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

**DINNER:** Roast Pork w/ Gravy, Baked Yam, Mixed Vegetables, Waldorf salad, Wheat Roll, Dessert or Fruit, Drink....\$7.00

*Please place lunch order by 10 am*

### Wednesday

**BREAKFAST:** Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea.....\$7.00

**LUNCH CHOICE 1:** Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Raisin Salad, Wheat Tortilla, Fruit crisp or Fruit, Drink...\$7.00

**LUNCH CHOICE 2:** Tuna & Noodle, Steamed Zucchini, Carrot Raisin Salad, Fruit Crisp or Fruit, Drink.... \$7.00

**LUNCH CHOICE 3:** Chef Salad w/mixed greens, ham, turkey, salami, boiled egg, tomatoes, cucumber, carrot, Provolone & Cheddar cheese, Wheat roll or Crackers, Fruit Crisp or Fruit, Drink...\$7.00

**SOUP:** Albondigas (ground beef).... \$2.50

**ALA CARTE:** Roast Beef & Swiss Sandwich...\$3.00 Side Salad \$2.00 Smoothie \$3.00

**DINNER:** Turkey w/ gravy, Stuffing, TO Spinach, Toss Salad, Wheat Roll, Dessert or Fruit, Drink.....\$7.00

### Thursday

*Please place dinner order by 3 pm*

**BREAKFAST:** Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$7.00

**LUNCH CHOICE 1:** Roast Pork w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Buttermilk Pie or Fruit, Drink....\$7.00

**Choice 2:** Red chili chimichanga with red enchilada sauce, sour cream, cheddar cheese, guacamole, Spanish rice, Pinto Bean, Buttermilk Pie or Fruit, Drink...\$9.00

**Choice 3:** Spinach Caprese Salad w/ spinach, chicken, tomatoes, cucumbers, mozzarella cheese, basil, Wheat rolls or Crackers, Buttermilk or Fruit, Beverage...\$7.00

**Soup:** Broccoli (vegetarian)...\$1.75

**ALA CARTE:** Tuna 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....\$7.00

*Please place lunch order by 10 am*

### Friday

**BREAKFAST:** Malt O Meal, Fried Egg, Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$7.00

**LUNCH CHOICE 1:** Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Toss Salad, Wheat Roll, Dessert or Fruit, Drink...\$7.00

**Choice 2:** Grilled Cheese, cup of soup, bag of chips, Dessert or Fruit, Drink.... \$7.00

**Soup:** Tomato Rice (vegetarian).... \$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, Drink \$7.00

**Hours of Operation: Breakfast 7:30am to 9:00am / Lunch 11:30am to 1:30pm / Dinner 5:00pm to 5:45pm**

**To place an order, call 383-7200 ext. 5190 to be connected to the kitchen**









