

The Chili Pepper Café

TON Sells Hospital

Week: Jan.. 22 – Jan. 26, 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: Meatloaf, Mashed Potato w/ Gravy, Carrots, Toss Salad, Wheat Roll, Lemon Buttermilk Cake or Fruit, Drink \$7.00

LUNCH CHOICE 2: Spinach Tortellini with Walnut Sauce, Garlic Toast, Broccoli salad with grapes, Lemon Buttermilk Cake or Fruit, Drink.....\$7.00

Choice 3: Chicken and Beet Salad w/ mixed greens, chicken, beets, grapes, avocado and feta cheese, Wheat roll or Crackers, Lemon Buttermilk Cake or Fruit, Drink...\$7.00

Soup: Cream of Broccoli (vegetarian) ...\$1.75

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

DINNER: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Dessert or Fruit, Drink...\$7.00

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, Refried Beans Cookies or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Turkey Curry-Chutney Wrap, cup of soup, bag of chips, Cookies or Fruit, Drink.... \$7.00

LUNCH CHOICE 3: Chinese Chicken Salad w/ mixed greens, chicken, celery, carrots, green onions, walnuts, sesame seeds, Chow Mein noodles, Cookies or Fruit, Drink...\$7.00 *a chicken sub product is available.*

SOUP: Potato & Roasted Pepper Soup (vegetarian) \$1.75

ALA CARTE: Ham and Provolone Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

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

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Wednesday

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

LUNCH CHOICE 1: Turkey w/ gravy, Stuffing, Spinach & Onion, Toss Salad, Wheat Roll, Banana Bar or Fruit, Drink ...\$7.00

LUNCH CHOICE 2: Black Bean & Tortilla Casserole, Mixed vegetables, Toss Salad, Banana Bar or Fruit, Drink \$7.00

LUNCH CHOICE 3: Chicken & Apple Salad w/ mixed greens, chicken, gala and granny smith apples, celery, nuts, Swiss cheese, Wheat roll or Crackers, Banana Bar or Fruit, Drink....\$7.00

SOUP: Lentil and Black Bean (vegetarian) \$1.75

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

DINNER: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Raisin, Salad, Wheat Tortilla, 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: Swiss steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Apple Pie or Fruit, Drink....\$ 7.00

Lunch Choice 2: Patty Melt Sandwich, French fries, Tomato and cucumber salad, Apple Pie or Fruit, Drink...\$7:00

Lunch Choice 3: Spinach Salad w/ mixed greens, bacon, boiled egg, tomato, red onions, walnuts, mushrooms, Wheat Roll or Crackers, Apple Pie or Fruit, Drink.....\$7.00

Soup: Cream of Cauliflower (vegetarian) \$1.75

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

DINNER: Roast Pork w/ gravy Baked Yams, Green Beans, Tossed salad, Wheat rolls, 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: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Drink \$7.00

Lunch choice 2: Baked Pasta with Four Cheese, Garlic Toast, Toss salad, Dessert or Fruit, Drink...\$7.00

Lunch Choice 3: Chicken Caesar Salad w/ mixed greens, chicken, black olives, red or yellow peppers, lemon, parmesan cheese, Croutons, Dessert or Fruit, Drink.. \$7:00

Soup: Chicken tortilla soup (chicken)

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

DINNER: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Tossed 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 6:00pm

To place an order, call 520-383-7200 press ext. 5190 to be connected to the kitchen

