

The Chili Pepper Café

TON Sells Hospital

Week: Jan. 8 –Jan. 12, 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, Chocolate Chevron Cake or Fruit, Drink... \$7.00

LUNCH CHOICE 2: Swiss Spinach Quiche, cup of soup, toss salad, Chocolate Chevron Cake or Fruit, Drink....\$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, Chocolate Chevron Cake or Fruit, Drink....\$7.00 *a chicken sub product is available.*

Soup: Cream of Potato (vegetarian) \$1.75

ALA CARTE: Turkey and Cheddar 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: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf salad, Wheat Roll, Cookies or Fruit, Drink....\$7.

LUNCH CHOICE 2: Black Bean Chili w/ Cilantro Pesto, vegan cornbread, Waldorf salad, Cookies or Fruit, Drink.... \$7.00

LUNCH CHOICE 3: Antipasto Salad w/ mixed greens chicken, salami, mozzarella, cucumbers, red or green peppers, broccoli, tomatoes, artichoke heart, red onion, pepperoncini, wheat roll or crackers, Cookies or Fruit, Drink... \$7:00

A chicken sub product is available.

SOUP: Italian tortellini Soup (Sausage) ...\$1.75

ALA CARTE: Tuna 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...\$7.00

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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, Tossed Salad, Wheat Roll, Brownie or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Pizza (vegan, pepperoni, supreme) Toss Salad, Brownie or Fruit, Drink \$7.

LUNCH CHOICE 3: Summer Salad w/ mixed greens, chicken, black olives, cranberries, mandarin oranges, walnuts, chow mein noodles, Brownie or Fruit, Drink...\$7.00

SOUP: Smokey Pasta & Bean Soup (turkey bacon). \$1.75

ALA CARTE: Ham and American cheese 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.

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, Cheesecake or Fruit, Drink....\$7.00

Lunch Choice 2: Turkey & Avocado Club Wrap, bag of chips, Tomato & Cucumber Salad, Cheesecake or Fruit, Drink...\$7:00

Lunch Choice 3: Spinach Caprese Salad w/ spinach, chicken, tomato, cucumber, mozzarella cheese, basil, Wheat Roll or Crackers, Cheesecake or Fruit, Drink....\$7.00

Soup: Mexican Corn Soup (chicken)

ALA CARTE: Roast Beef and Muenster Sandwich \$3.00 Side Salad \$5.00 Smoothie \$3.00

DINNER: Roast Pork, 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, Toss Salad, Wheat Roll, Dessert or Fruit, Drink \$7.00

Lunch choice 2: Shrimp vegetable Stir Fry, Brown Rice, Toss salad, Dessert or Fruit, Drink...\$9.00

Lunch Choice 3: Steak Salad w/ mixed greens, beef steak, mushrooms, red onions, walnuts, tomato, feta cheese, Wheat roll or Crackers, Dessert or Fruit, Drink....\$7.00

Soup: Piquant Vegetable Soup (vegetarian)

ALA CARTE: Egg Salad Sandwich \$3.00 Side Salad \$5.00 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

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