# The Chili Pepper Café TON Sells Hospital <br> Week: March 18 -March 22, 2024 <br> No substitutions please 

## 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, Carrot Cake or Fruit, Drink... $\$ 7.00$ LUNCH CHOICE 2: Black Bean \& Vegetable Quesadilla, salsa, sour cream, Toss salad, Carrot Cake or Fruit, Drink..... $\$ 7.00$
LUNCH CHOICE 3: Chicken Caesar Salad w/ mixed greens, chicken, red peppers, black olives, parmesan cheese, lemon, croutons, Carrot Cake or Fruit, Drink ... $\$ 7.00$
Soup: Cream of Vegetable Soup (vegetarian) ... $\$ 1.75$
ALA CARTE: Egg Salad 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 \$7.00

## 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: Swiss Spinach Quiche, Capri Vegetables, Cauliflower Salad, Cookies or Fruit, Drink.... \$7.00
LUNCH CHOICE 3: Chicken Pear Salad w/ mixed greens, chicken, bell peppers, pears, bleu cheese, cranberries, red onions,
walnuts, Wheat roll or Crackers, Cookies or Fruit, Drink...\$7.00 A chicken sub product is available.
SOUP: Spicy African Peanut Soup (vegetarian).... \$1.75
ALA CARTE: Tuna Sandwich $\$ 3.00$ Side Salad $\$ 2.00$ Smoothie $\$ 3.00$
DINNER: Roast Pork w/ Gravy, Baked Yam, Mixed Vegetables, Waldorf salad, Wheat Roll, Cookies 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, Blondies or Fruit, Drink...\$7.00
LUNCH CHOICE 2: Spinach Tortellini with Walnut Sauce, Garlic Toast, Carrot \& Raisin Salad, Blondies or Fruit, Drink.... \$7.
LUNCH CHOICE 3: Chicken Greek Salad w/ mixed greens, chicken, Kalamata olives, green onions, feta cheese, cucumbers, Wheat roll or Crackers, Blondies or Fruit, Drink....\$7.00

SOUP: Chicken Noodle Soup (chicken).... \$1.75
ALA CARTE: Sub Sandwich... $\$ 4.00$ Side Salad $\$ 2.00$ Smoothie $\$ 3.00$
DINNER: Turkey w/ gravy, Stuffing, TO Spinach, Toss Salad, Wheat Roll or Fruit, Beverage..... $\$ 7.00$
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, Coconut Cream Pie or Fruit, Drink....\$7.00
Lunch Choice \#2: Beef Patty Melts or Black Bean Patty Melt, French Fries, Coconut Cream Pie or Fruit, Drink...\$7.00 Lunch Choice 3: Spinach Salad, w/spinach, bacon, boiled egg, red onion, walnuts, mushrooms, tomatoes, Wheat rolls or Crackers, Coconut Cream Pie or Fruit, Drink... $\$ 7.00$
Soup: Broccoli Swiss Soup (vegetarian)...\$1.75
ALA CARTE: Turkey \& Swiss 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 $10 \mathrm{am} \quad$ 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 \& Onion, Toss Salad, Wheat Roll, Apple Crisp or Fruit, Drink .... $\$ 7.00$
Lunch Choice 2: Almond Crusted Fish, Rice Pilaf, Toss Salad, Wheat Roll, Apple Crisp or Fruit, Drink.... \$7.00
LChoice 3: Mediterranean Bean Salad w/ mixed greens, black \& garbanzo beans, green onion, tomato, cucumber, feta cheese, parsley, mint, Pita chips, Apple Crisp or Fruit, Drink....\$7.00

Soup: Vegetable Soup (vegetarian).... \$1.75
ALA CARTE: Ham \& Hot Pepper Jack Sandwich \$3.00 Side salad \$2.00 Smoothie \$3.00
DINNER: Pot Roast w/ Potato, Carrots \& Onions, Mixed Green Salad, Wheat Roll, Dessert, 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

