

The Chili Pepper Café

TON Sells Hospital

Week: April 15 to April 19, 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: Mushroom Quiche, cup of soup, toss salad, Lemon buttermilk cake or Fruit, Drink.....\$7.00

Lunch Choice 3: Chicken & Beet Salad w/ mixed greens, chicken, beets, grapes, avocado, feta cheese, Wheat roll or Crackers, Lemon buttermilk cake or Fruit, Drink...\$7.00 *a chicken sub product is available.*

Soup: Mushroom and Barley (vegetarian) \$1.75

ALA CARTE: Egg Salad 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: Black Bean Chili w/ Cilantro Pesto, Vegan cornbread, Toss salad, Cookies or Fruit, Drink.... \$7.00

LUNCH CHOICE 3: Greek Chicken Salad w/ mixed greens chicken, Kalamata olives, feta cheese, cucumbers, green onions 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: Sub Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf salad, Wheat Roll, Cookies 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: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Raisin Salad, Wheat Tortilla, Cheesecake or Fruit, Drink...\$7.00

LUNCH CHOICE 2: Rubeen Sandwich (corned beef, sauerkraut, Swiss cheese, rye bread & Thousand Island dressing) French fries, Cheesecake or Fruit, Drink \$7.00

LUNCH CHOICE 3: Chicken Caesar Salad w/ mixed greens, chicken, black olives, red or yellow peppers, parmesan cheese, lemon, Croutons, Cheesecake 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: Turkey w/ gravy, Stuffing, Spinach & Onion, Tossed 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: Swiss steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Bread Pudding or Fruit, Drink....\$7.00

Lunch Choice 2: Crisp Tofu w/ black pepper sauce, Brown rice, tomato & cucumber salad, Bread Pudding or Fruit, Drink...\$7.00

Lunch Choice 3: Chicken & Berry Salad w/ mixed greens, chicken, strawberries, blueberries, Swiss cheese, red onions, celery, pecans, Wheat Roll or Crackers, Bread Pudding or Fruit, Drink.....\$7.00

Soup: Mexican Corn Soup (chicken)

ALA CARTE: Roast Beef and Hot Pepper Jack 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

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

Lunch choice 2: Southwest steak, corn & black bean wrap, cup of soup, bag of chips, Dessert or Fruit, Drink...\$9.00

Lunch Choice 3: Shrimp Avocado Salad w/ mixed greens, shrimp, red onion, avocado, tomato, feta cheese, almonds, Wheat roll or Crackers, Dessert or Fruit, Drink...\$7.00

Soup: Vegetable Barley Soup (vegetarian)

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

DINNER: Pot Roast w/ Potato, Carrots & Onions, Toss 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