

# The Chili Pepper Café

## TON Sells Hospital

Week: April 29 – May 3, 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, toss salad, Wheat Tortilla, Cream Puffs or Fruit, Drink \$7.

**LUNCH CHOICE 2:** Turkey & Avocado Club Wrap, cup of soup, bag of chips, Cream Puffs or Fruit, Drink.....\$7.00

**LUNCH CHOICE 3:** Chef Salad w/mixed greens, ham ,turkey, salami, cucumber, carrots, tomatoes, boiled eggs, cheddar & provolone cheese, Wheat Roll or Crackers, Cream Puffs or Fruit, Drink ...\$7.00

**Soup:** Tomato & rice soup (vegetarian) ...\$1.75

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

**DINNER:** Meatloaf, Mashed Potato w/ Gravy, Carrots, Toss 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:** Curry Tofu & Vegetables Stir fry, brown rice, Toss salad, Cookies or Fruit, Drink.... \$7.00

**LUNCH CHOICE 3:** Chicken & Apple Salad w/ mixed greens, chicken, Granny smith & Gala Apples, celery, provolone cheese, pecans, Cookies or Fruit, Drink...\$7.00 (*chicken sub product is available*)

**SOUP:** Split pea & Black Bean Soup (vegetarian).... \$1.75

**ALA CARTE:** Ham & Hot pepper jack cheese 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

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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, Pineapple Upside Down Cake or Fruit, Drink...\$7.00

**LUNCH CHOICE 2:** Black bean & vegetable quesadilla, salsa & sour cream, Carrot & Raisin Salad, Pineapple Upside Down Cake or Fruit, Drink....\$7.

**LUNCH CHOICE 3:** Caribbean Chicken Salad w/ mixed greens, chicken, black beans, tomatoes, pineapples, Wheat roll or Crackers, Pineapple Upside Down Cake or Fruit, Drink....\$7.00

**SOUP:** Piquant Vegetable Soup w/ Chickpeas (vegetarian).... \$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, 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, Chocolate Peanut Butter Pie or Fruit, Drink....\$7.00

**Lunch Choice 3:** Chicken Cobb Salad w/ mixed greens, chicken, bacon, boiled egg, green onions, tomatoes, avocado, Bleu cheese, Wheat rolls or Crackers, Chocolate Peanut Butter Pie or Fruit, Drink...\$7.00

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

**ALA CARTE:** Egg salad Sandwich \$3.00 Side salad \$2.00 Smoothie \$3.00

**DINNER:** Roast Pork w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, 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

**Lunch Choice 2:** Almond Crusted Fish, Rice pilaf, Toss Salad, Dessert or Fruit, Drink.... \$7.00

**Lunch Choice 3:** Chicken Spinach Salad w/spinach, chicken, cranberries, apricots, mandarin oranges, pineapples, pecans, Wheat roll or Crackers, Dessert or Fruit, Drink ....\$7.00

**Soup:** Cream of Mushroom (vegetarian).... \$2.00

**ALA CARTE:** Roast beef and Cheddar cheese Sandwich \$3.00

Side salad \$2.00 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 5:45pm**

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