

The Chili Pepper Café

TON Sells Hospital

Week: September 30–October 4, 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, Cream Puffs or Fruit, Drink \$7.00.

LUNCH CHOICE 2: Chicken Beet Salad w/ mixed greens, chicken, roasted beets, avocado, feta cheese, grapes, Wheat Roll or Crackers, Cream Puffs or Fruit, Drink ...\$7.00

Soup: Chicken Tortilla Soup (Chicken) ...\$1.75

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

DINNER: Tepary Bean Stew w/ Beef, Toss 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: Caribbean Chicken Salad w/ mixed greens, chicken, black beans, tomatoes, pineapples, Wheat Roll or Crackers, Cookies or Fruit, Drink...\$7.00 (*chicken sub product is available*)

SOUP: Split Pea & Ham Soup (Ham).... \$1.75

ALA CARTE: Roast Beef & 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: Turkey w/ gravy, Stuffing, TO Spinach, Toss salad, Wheat Roll, Brownie or Fruit, Drink.....\$7.00

LUNCH CHOICE 2: Turkey & Avocado Club Wrap (red onions, tomato, lettuce, turkey, turkey bacon, avocado spread) bag of chips, cup of soup, Brownie or Fruit, Drink....\$7.00

SOUP: Garden Chili Soup (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, Banana Cake or Fruit, Drink....\$7.00

Lunch Choice #2: Chicken Clubhouse Salad w/ mixed greens, chicken, bacon, green onions, tomatoes, cucumbers, carrots, cheddar cheese, Wheat rolls or Crackers, Banana Cake or Fruit, Drink...\$7.00

Soup: Minestrone (vegetarian)...\$1.75

ALA CARTE: Egg Salad Sandwich \$4.00 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

ALA CARTE: Sandwich \$3.00 Side salad \$2.00

Smoothie \$3.00 Summer Salad \$5.00

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

