

The Chili Pepper Café

TON Sells Hospital

Week: March 10– March 14, 2025

No substitutions please

Please place lunch order by 10 am

Monday

BREAKFAST: Malt O Meal, Pancakes, Sausage, Applesauce, Coffee or Tea.....\$8.00

LUNCH CHOICE 1: Meatloaf, Mashed Potato w/ Gravy, Carrots, Toss Salad, Wheat Roll, Beatty's Chocolate Cake or Fruit, Drink \$8.00

LUNCH CHOICE 2: Black Bean & Tortilla Casserole, Carrots, Toss Salad, Beatty's Chocolate Cake or Fruit, Drink.....\$8.00

LUNCH CHOICE 3: Spinach Salad w/ spinach, boiled egg, pork bacon, red onions, walnuts, mushrooms, tomatoes, Beatty's Chocolate Cake or Fruit, Drink....\$8.00 a veggie crumble sub product is available

Soup: Spicy African Peanut Soup (vegetarian) ...\$2.00

ALA CARTE: Turkey & Swiss Cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Dessert or Fruit, Drink...\$8.00

Tuesday

Please place dinner order by 3 pm

BREAKFAST: Oatmeal, Boiled Egg, Wheat Toast, Grapes, Coffee or Tea.....\$8.00

LUNCH CHOICE 1: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese, sour cream & salsa, Refried Beans, Cookies or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Club Sandwich w/ turkey, ham, pork bacon, lettuce, tomatoes on wheat bread, cup of soup, bag of chips, Cookies or Fruit, Drink....\$8.00

LUNCH CHOICE 3: Steak Salad w/ mixed greens, beef steak, mushrooms, red onions, walnuts, tomatoes, feta cheese, Wheat Roll or Crackers, Cookies or Fruit, Drink...\$8.00 a veggie crumble sub product is available

SOUP: Tomato Rice (vegetarian) \$2.00

ALA CARTE: Ham & American Cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Roast Pork w/ Gravy, Yam, Mixed Vegetables, Waldorf salad, Wheat Roll, Dessert or Fruit, Drink....\$8.00

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Wednesday

BREAKFAST: Oatmeal, Scrambled Egg with Bacon Bits, Bran Muffin, Pineapple, Coffee or Tea.....\$8.00

LUNCH CHOICE 1: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Raisin Salad, Wheat Tortilla, Banana Bar or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Vegetable & Bean Tostadas, Spanish rice, Steamed Zucchini, Banana Bar or Fruit, Drink \$8.00

LUNCH CHOICE 3: Chicken Clubhouse Salad w/ mixed greens, chicken, pork bacon, tomatoes, carrots, green onions, cucumber, cheddar cheese, Banana Bar or Fruit, Drink...\$8.00 a chicken sub product is available.

SOUP: Chicken & Corn Chowder with Sweet Potatoes (chicken). \$2.00

ALA CARTE: Egg salad Sandwich...\$3.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Turkey w/ gravy, Stuffing, Spinach & Onion, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink....\$8.00

Thursday

Please place dinner order by 3 pm

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea.....\$8.00

LUNCH CHOICE 1: Roast Pork, Baked Yams, Green Beans, Toss salad, Wheat rolls, Cheesecake or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Eggplant & Chickpea Ragout with Pasta, Garlic Toast, Toss salad, Cheesecake or Fruit, Drink...\$8.00

LUNCH CHOICE 3: Summer Salad w/ mixed greens, chicken, black olives, cranberries, mandarin oranges, walnuts, Chow Mein Noodles, Cheesecake or Fruit, Drink....\$8.00

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

ALA CARTE: Sub Sandwich \$4.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Swiss steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Dessert or Fruit, Drink....\$8.00

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Friday

BREAKFAST: Malt O Meal, Fried Egg, Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$8.00

LUNCH CHOICE 1: Pot Roast w/ Potato, Carrots & Onions, Toss Salad, Wheat Roll, Dessert or Fruit, Drink \$8.00

LUNCH CHOICE 2: Fish Taco's (2) Jalapeno rice, Nopalitos, Dessert or Fruit, Drink...\$8.00

LUNCH CHOICE 3: Chinese Chicken Salad w/ mixed greens, chicken celery, carrots, walnuts, green onion, sesame seeds, Chow Mein Noodles, Wheat Roll or Crackers, Dessert or Fruit, Drink....\$8.00

Soup: Potato & Roasted Red Pepper Soup (vegetarian)...\$2.00

ALA CARTE: Roast Beef & Cheddar Sandwich \$3.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink...\$8.00

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