

The Chili Pepper Café

TONHC Sells Hospital

Week: Aug 5 - 9, 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, Tossed Salad, Wheat Roll, Banana Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Chicken Apple Salad w/ mixed greens, diced chicken, Gala and Granny Smith apples, celery, nuts, Swiss cheese, Wheat roll or Crackers, Banana Cake or Fruit, Beverage...\$7.00

SOUP: Mexican Corn (contains Chicken)...\$1.75

ALA CARTE: Ham & Pepper Jack cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Dessert or Fruit, Beverage...\$7.00

Tuesday

Please place dinner order by 3 pm

BREAKFAST: Oatmeal, Boiled Egg (2), Wheat Toast, Grapes, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: : Roast Pork w/ Gravy, Yams, Green Beans, Waldorf Salad, Wheat Roll, Cookies or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Pizza (Supreme, Pepperoni, Veggie or Cheese), Tossed Salad, Cookies or Fruit, Beverage.....\$7.00

SOUP: Lentil and Black Bean (V)...\$1.75

ALA CARTE: Turkey and Swiss cheese Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Tacos Beef or Veggie Crumble (3) w/ lettuce, tomato, cheese & salsa, Refried beans, Dessert or Fruit, Beverage...\$7.00

Please place lunch order by 10 am

Wednesday

BREAKFAST: Oatmeal, Scrambled Eggs with Bacon Bits, Bacon (2), Bran Muffin, Pineapple, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Roast Turkey w/ gravy, Stuffing, TO Spinach & Onions, Carrot Salad, Wheat Roll, Pumpkin Spice Bar or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Summer Salad w/ mixed greens, diced chicken, dried Cranberries, black olives, Mandarin oranges, walnuts, Chow Mein Noodles, Pumpkin Spice Bar or Fruit, Beverage..\$7.00

SOUP: Potato and Roasted Red Pepper (V)...\$1.75

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

DINNER: Garbanzo Bean Stew w/ Beef, Zucchini, Tossed Salad, Wheat Tortilla, Coconut Cream Pie or Fruit, Beverage...\$7.00

Please place dinner order by 3 pm

Thursday

BREAKFAST: Malt O Meal, Scrambled Eggs, Canadian bacon, Wheat Toast, Banana, Coffee or Tea....\$7.00

LUNCH CHOICE 1: Swiss Steak, Mashed Potatoes, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Chocolate Peanut Butter Cake or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Sweet and Spicy Veggie Stir Fry w/ Steamed Rice, Tossed Salad, Chocolate Peanut Butter Cake or Fruit, Beverage...\$7.00

SOUP: Cream of Mushroom (V).....\$1.75

ALA CARTE: Roast Beef and Cheddar Sandwich \$3.00

Side Salad \$2.00 Smoothie \$3.00

DINNER: Pork Roast w/ Gravy, Baked Yam, Green Beans, Tossed Salad, Wheat Roll, Dessert or Fruit, Drink....\$7.00

Please place lunch order by 10 am

Friday

BREAKFAST: Malt O Meal, Fried Egg (2), Cooked Beans with Salsa, Wheat Tortilla, Fruit, Coffee or Tea.....\$7.00

LUNCH CHOICE 1: Baked Chicken w/ Gravy, Quinoa w/ Corn, TO spinach & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$7.00

LUNCH CHOICE 2: Grilled Corn, Black Bean and Roasted Pepper Quesadilla, Broccoli Raisin Salad, Dessert or Fruit, Beverage...\$7.00

SOUP: Cauliflower (V)...\$1.75

ALA CARTE: Tuna Salad Sandwich \$3.00 Side Salad \$2.00 Smoothie \$3.00

DINNER: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Beverage...\$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