

The Chili Pepper Café

TON Sells Hospital

Week: Oct. 28 – Nov. 1, 2024

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: Tepary Bean Stew w/ Beef, Tossed Salad, Wheat Tortilla, Red Velvet Cake or Fruit, Drink \$8.00

LUNCH CHOICE 2: Eggplant & Chickpea Ragout Pasta, Garlic Toast, Toss Salad, Red Velvet Cake or Fruit, Drink....\$8.00

Lunch Choice 3: Chicken Cobb Salad w/ mixed greens, chicken, bacon, tomatoes, avocado, green onions, boiled egg and Blue cheese, Wheat roll or Crackers, Red Velvet Cake or Fruit, Drink...\$8.00

Soup: Broccoli Soup (vegetarian) ...\$2.00

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

DINNER: , Meatloaf, Mashed Potato w/ Gravy, Carrots, Toss Salad, Wheat Roll, 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 & salsa, Refried Beans Cookies or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Black Bean & Pepper Tuna Salad w/ mixed greens, tuna, black beans, red & yellow peppers, carrots, green & red onions, cucumbers, cilantro, Wheat Roll or Crackers, Cookies or Fruit, Drink...\$8.00 *a chicken sub product is available.*

SOUP: Mushroom Barley (vegetarian) \$2.00

ALA CARTE: Roast Beef & Provolone 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: Spinach Lasagna, Garlic Toast, Broccoli Raisin Salad, Banana Bar or Fruit, Drink \$8.00

LUNCH CHOICE 3: Chicken & Apple Salad w/ mixed greens, chicken, gala and granny smith apples, celery, nuts, Swiss cheese, Wheat roll or Crackers, Banana Bar or Fruit, Drink....\$8.00

SOUP: Ranchera Soup (chicken) \$2.00

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

DINNER: Turkey w/ gravy, Stuffing, Spinach & Onion, Toss 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: Swiss steak, Mashed Potato, Mixed Vegetables, Tomato & Cucumber Salad, Wheat Roll, Mixed Berry Pie or Fruit, Drink....\$ 8.00

Lunch Choice 2: Chicken & Spinach Salad w/ mixed greens, chicken, cranberries, apricots, mandarin oranges, pineapple, pecans, Wheat Roll or Crackers, Mixed Berry Pie or Fruit, Drink.....\$8.00

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

ALA CARTE: Tuna Sandwich \$3.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Roast Pork w/ gravy Baked Yams, Green Beans, Tossed salad, Wheat rolls, Dessert or Fruit, 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.....\$8.00

LUNCH CHOICE 1: Pot Roast w/ Potato, Carrots & Onions, Mixed Green Salad, Wheat Roll, Dessert or Fruit, Drink \$8.00
Sandwich \$3.00 Pizza...\$5.00 Summer Salad ...\$6.00 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

