

The Chili Pepper Café

TONHC

Week: Oct 5, 2026 to Oct. 9, 2026

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, Toss Salad, Wheat Tortilla, Dessert or Fruit, Drink...\$8.00

ALA CARTE: Sandwich \$3.00 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, sour cream & salsa, Refried Beans, Cookies or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Chicken Cobb Salad w/mixed greens, chicken, pork bacon, boiled egg, tomatoes, green onion, avocado, Bleu, cheese, Wheat Roll or Crackers, Cookies or Fruit, Drink ...\$8.00 a chicken sub product is available

SOUP: Mushroom Barley Soup \$2.00 (vegetarian)

ALA CARTE: Chicken Salad on a Croissant \$4.00 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

Please place lunch order by 10 am

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, Chocolate Cake or Fruit, Drink ...\$8.00

LUNCH CHOICE 2: Black Bean & Pepper Tuna Salad w /mixed greens, tuna, red & yellow peppers, red & green onions, cucumbers, carrots, black beans, cilantro, Chocolate Cake or Fruit, Drink....\$8.00

SOUP: Cream of Broccoli Soup (vegetarian) \$2.00

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

DINNER: Turkey w/gravy, Stuffing, Spinach & Onion, Toss Salad, Wheat Roll, Dessert or Fruit

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 roll, Pie or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Spinach & Strawberries Salad w/spinach, chicken, strawberries, mandarin oranges, candied pecans, feta cheese, red onion, avocados, Pie or Fruit, Drink...\$8.00

Soup: Lentil & Black Bean Soup (vegetarian)...\$2.00

ALA CARTE: Roast Beef & Muenster Sandwich ...\$3.00 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

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, Toss Salad, Wheat Roll, Dessert or Fruit, Drink \$8.00

LUNCH CHOICE 2: Chicken & Apple Salad w/ mixed greens, chicken, gala & green apples, celery, Swiss cheese, pecans, Crackers or Wheat Roll, Dessert or Fruit, Drink \$8.00

SOUP: Cheddar Potato Chowder Soup (ham)

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

DINNER: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Toss 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



