

The Chili Pepper Café

TONHC

Week: August 17 to August 21, 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, Banana Bar or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Chicken Pear Salad w/mixed greens, chicken, green or yellow bell peppers, pears, cranberries, red onions, walnuts, Bleu cheese, Wheat Roll or Crackers, Banana Bar or Fruit, Drink...\$8.00 a chicken sub product is available

SOUP: Chicken Noodle Soup (chicken) \$2.00

ALA CARTE: Roast Beef and American cheese 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 Caribbean Salad w/mixed greens, chicken, black beans, tomatoes, pineapples, Wheat Roll or Crackers, Cookies or Fruit, Drink.....\$8.00 a chicken sub product is available

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

ALA CARTE: Turkey & Swiss 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: Turkey w/ gravy, Stuffing, Spinach & Onion, Toss Salad, Wheat Roll, Apple or Peach Crisp or Fruit, Drink....\$8.00

LUNCH CHOICE 2: Pineapple & Black Bean Enchiladas, Spanish rice, Toss Salad, Apple or Peach Crisp or Fruit, Drink...\$8.00

LUNCH CHOICE 3: Steak Salad w/ mixed greens, steak, red onion, tomatoes, mushrooms, walnuts, feta cheese, Wheat Roll or Crackers, Apple or Peach Crisp or Fruit...\$8.00

SOUP: Cheddar Potato Chowder (ham) ...\$2.00

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

DINNER: Garbanzo Bean Stew w/ Beef, Steamed Zucchini, Carrot Raisin Salad, Wheat Tortilla, 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, Banana Cake or Fruit, Drink....8.00

LUNCH CHOICE 2: Spinach Lasagna Tomato & Cucumber Salad, Garlic Toast, Banana Cake or Fruit, Drink...\$8.00

LUNCH CHOICE 3: Chicken Clubhouse Salad w/mixed greens, chicken, pork bacon green onions, tomatoes, cucumber, carrots, cheddar cheese, Wheat Roll or Crackers, Banana Cake or Fruit Drink....\$8.00

Soup: White Chili Soup (chicken).... \$2.00

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

DINNER: Roast Pork, Baked Yams, Green Beans, Toss Salad, Wheat Roll, Boston cream pie 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: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Toss Salad, Wheat Roll, Dessert or Fruit, Drink....\$8.00

LUNCH CHOICE 2: Chicken Berry Salad w mixed greens, chicken, strawberries, blueberries, celery, Swiss cheese, red onions, almonds, Swiss cheese, Wheat Roll or Crackers, Dessert or Fruit, Drink....\$8.00 a chicken sub product is available

SOUP: Chipotle Corn Chowder (vegetarian)...\$2.00

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

DINNER: Pot Roast w/ Potato, Carrots & 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



