

The Chili Pepper Café

TONHC

Week: September 14 to September 18, 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, Lemon 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, Lemon Bar or Fruit, Drink...\$8.00 a chicken sub product is available

SOUP: Spicy African Peanut 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, sour cream & salsa, Refried Beans, Cookies or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Chinese Chicken Salad w/mixed greens, chicken, celery, carrots, green onions, walnuts, sesame seeds, Chow Mein Noodles, Cookies or Fruit, Drink.....\$8.00 a chicken sub product is available

SOUP: Garden Chili Soup (vegetarian)...\$2.00

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

LUNCH CHOICE 2: Sweet & Spicy Veggie Stir Fry, Brown 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, Bleu cheese, Wheat Roll or Crackers, Apple or Peach Crisp or Fruit...\$8.00

SOUP: Golden Corn Chowder w/ Roasted Chilies (vegetarian) ...\$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: Black Bean Chili w/Cilantro Pesto, Tomato & Cucumber Salad, Corn Bread, Banana Cake or Fruit, Drink...\$8.00

LUNCH CHOICE 3: Spinach & Chicken Salad w/mixed greens, chicken, cranberries, apricots, mandarin oranges, pineapple tidbits, pecans Wheat Roll or Crackers, Banana Cake or Fruit Drink....\$8.00

Soup: Albondigas Soup (ground beef).... **\$2.50**

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

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

LUNCH CHOICE 2: Chicken Strawberry Salad w mixed greens, chicken, strawberry, provolone cheese, celery, red onions, pecans, Wheat Roll or Crackers, Dessert or Fruit, Drink...\$8.00 a chicken sub product is available

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

ALA CARTE: Roast Beef & Hot Pepper Jack Cheese 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



