

The Chili Pepper Café

TONHC

Week: June 29, 2026 to July 3, 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: Meatloaf, Mashed Potato w/ Gravy, Carrots, Toss Salad, Wheat Roll, Lemon Buttermilk Cake or Fruit, Drink \$8.00

LUNCH CHOICE 2: Black Bean & Pepper Tuna Salad w /mixed greens, tuna, red & yellow peppers, red & green onions, cucumber, carrot, black beans, cilantro, Wheat Roll or Crackers, Lemon Buttermilk Cake or Fruit, Drink....\$8.00

SOUP: Cream of Vegetable (vegetarian)

ALA CARTE: Chicken Salad on a Croissant ...\$4.00 Side Salad \$2.00 Smoothie \$4.00

DINNER: Tepary Bean Stew w/ Beef, Toss Salad, Wheat Tortilla, 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 Caesar Salad w/ mixed greens, chicken, black olives, red or yellow peppers, parmesan cheese, lemon, Croutons, Cookies or Fruit, Drink...\$8.00 a chicken sub product is available

SOUP: White Chili Soup \$2.00 (chicken)

ALA CARTE: Egg Salad 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

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, Banana Bar or Fruit, Drink ...\$8.00

LUNCH CHOICE 2: Mediterranean Bean Salad w/ mixed greens, garbanzo & black beans, tomatoes, cucumbers, feta cheese, green onions, parsley, mint, Pita Chips, Banana Bar or Fruit, Drink....\$8.00

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

ALA CARTE: Sub Sandwich...\$4.00 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: Roast Pork, Baked Yams, Green Beans, Toss Salad, Wheat roll, Bread Pudding or Fruit, Drink...\$8.00

LUNCH CHOICE 2: Spinach Salad w/ spinach, pork bacon, boiled egg, tomatoes, red onion, walnuts, mushrooms, Wheat Roll or Crackers, Bread Pudding or Fruit, Drink ...\$8.00

Soup: Chicken Noodle Soup (chicken)...\$2.00

ALA CARTE: Ham & Pepper Jack Cheese 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: Baked Chicken w/ Gravy, Quinoa w/ Corn, Spinach & Onions, Toss Salad, Wheat Roll, Dessert or Fruit, Drink....\$8.00

ALA CARTE: Sandwich \$3.00 Smoothie \$4.00 Summer Salad \$6.00 Pizza \$5.00

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



