

Buchanan's Café



MONDAY July 27

- Sliced Turkey
- Sliced Pit Ham
- Bacon Cheeseburger Combo
- Sweet Potato Casserole
- Dressing
- Green Beans
- Bermuda Blend
- Tomato Florentine
- Bread Pudding

TUESDAY July 28

- Smokehouse Maple Salmon
- Spaghetti w/ Meatsauce
- Wings & Things
- Green Beans
- Fried Cheese Sticks
- Corn
- Roasted Potatoes
- Gumbo
- Peach Cobbler

WEDNESDAY July 29

- Fried Chicken
- Roasted Pork Tenderloin
- Reuben Combo
- Macaroni & Cheese
- Pinto Beans
- Fried Cabbage
- Mashed Potatoes
- Green Beans
- Chili
- Apple Cobbler

THURSDAY July 30

- Chicken Pot Pie
- Kielbasa & Kraut
- Burrito Bowl
- Green Beans
- Mashed Potatoes
- Corn Nuggets
- White Beans
- Potato Soup
- Cherry Cobbler

FRIDAY July 31

- Beef Brisket
- Smothered Pork Chops
- Popcorn Shrimp Combo
- Green Beans
- Fried Mushrooms
- Glazed Baby Carrots
- Wild Rice
- Vegetable Soup
- Blackberry Cobbler

SATURDAY August 1

- Fried Chicken Sandwich Combo w / Fries and Fountain Drink

SUNDAY August 2

- Sliced Turkey w/ Gravy
- Sweet Potato Casserole
- Dressing
- Green Beans
- Cut Corn
- Roll
- Cobbler

BREAKFAST: 6:30 – 10 a.m.
CLOSED: 10 – 11 a.m.
LUNCH: 11 a.m. – 2 p.m.
CLOSED: 2 – 3 p.m.
GRILL ONLY: 3 – 4 p.m.
DINNER: 4 – 6:30 p.m.
GRILL ONLY: 6:30 – 7:30 p.m.
Items are subject to change.

Items Served Every Day:

Items in red are healthier choices.

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|---------------------------|----------------------|
| • Breakfast | • Veggie Burgers |
| • Hamburgers | • Soup of the Day |
| • Cheeseburgers | • Assorted Desserts |
| • Hot Ham & Cheese | • Cobbler of the Day |
| • Hot Turkey Sandwich | • French Fries |
| • Fish Sandwich | • Onion Rings |
| • Pimento Cheese Sandwich | • Chicken Fingers |
| • Bologna Sandwich | • Yogurt Shooters |
| • Grilled Chicken | • Baked Potato |
| | • Baked Sweet Potato |



NATIONAL TRAIL MIX DAY IS IN AUGUST!

Nuts are a great source of healthy fats in your diet. But be careful, they are still a high calorie item so make sure you eat the correct amount. A serving size of nuts is ¼ cup or small handful; this makes a great 180 calorie snack! Nuts are a good source of fiber, provide B vitamins, vitamin E, and minerals like calcium, iron, zinc, potassium, and magnesium. Sprinkle on your salad, in your yogurt, or in trail mix with dried fruit.

Items in red are healthier choices