

Buchanan's Café



MONDAY July 6

- Meatloaf w/ Red Sauce
- **Italian Chicken Breast**
- Fish Tacos
- Green Beans
- **Bermuda Blend**
- Mashed Potatoes
- Risotto Rice
- **White Chicken Chili**
- Blueberry Cobbler

TUESDAY July 7

- Fried Shrimp w/ Hushpuppies
- Liver & Onions
- Chicken Nachos
- Mashed Potatoes
- Green Beans
- Fried Mushrooms
- **Sicilian Blend**
- Smoked Pepper Gouda
- Apple Cobbler

WEDNESDAY July 8

- **Roast Beef w/ Vegetables**
- Orange Chicken w/ Fried Rice
- BLT combo w/ Homemade Chips
- Egg Roll
- Green Beans
- Stir Fry Vegetables
- Cut Corn
- **Vegetable Soup**
- Blackberry Cobbler

THURSDAY July 9

- BBQ Ribs
- Crab Cakes w/ Remoulade Sauce
- Fajita Bar
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY July 10

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Loaded Fries Combo
- Yellow Rice
- **Black Beans**
- Green Beans
- Jalapeno Poppers
- Potato Soup
- Cherry Cobbler

SATURDAY July 11

- BBQ Sandwich Combo

SUNDAY July 12

- Fried Chicken
- Green Beans
- Mashed Potatoes
- Cut Corn
- 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.

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



JULY IS NATIONAL FRESH FRUIT AND VEGETABLE MONTH!

This month consider adding more of these items each day. Fruit and vegetables are high in vitamins, minerals, and fiber and low in calories and saturated fat. Eat the rainbow! Each color contains different nutrients, so it's important to mix it up. Try an Orange Julius morning smoothie with almond milk, spinach, orange, ½ banana, and 1 tbsp almond butter.

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