

Buchanan's Café



MONDAY August 17

- Fish & Chips
- Chicken & Dumplings
- Turkey Cucumber Ranch Wrap w/ Baked Lays
- Green Beans
- Black Eyed Peas
- Roasted Red Potatoes
- Fried Okra
- Smoked Red Pepper Gouda
- Peach Cobbler

TUESDAY August 18

- Cajun Chicken Pasta
- Roast Beef w/ Veggies
- Popcorn Chicken w/ Curly Fries
- Mashed Potatoes
- Broccoli Rice Casserole
- Fried Green Beans
- Lima Beans
- Lobster Bisque
- Cherry Cobbler

WEDNESDAY August 19

- Baked Ziti
- Salmon Croquettes w/ Dill Sauce
- Grilled Chicken Caesar Salad
- Green Beans
- Fresh Asparagus
- Mashed Potatoes
- Squash Casserole
- Potato Soup
- Blueberry Cobbler

THURSDAY August 20

- Chopped Steak w/ Peppers & Onions
- Chicken Tetrizzini
- Bang Bang Shrimp Tacos
- Mashed Potatoes
- Brussel Sprouts
- Green Beans
- Carrots
- Chicken Tortilla Soup
- Apple Cobbler

FRIDAY August 21

- Baked Salmon
- BBQ Pork
- Sloppy Joes w/ Tater Tots
- Baked Beans
- Green Beans
- Macaroni & Cheese
- Sautéed Broccoli
- Corn Chowder
- Blackberry Cobbler

SATURDAY August 22

- Steak Nachos

SUNDAY August 23

- Fried Pork Chops
- Mashed Potatoes
- Green Beans
- Cut Corn
- Apples

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 1/4 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