

Buchanan's Café



MONDAY October 12

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

TUESDAY October 13

- 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 October 14

BREAKFAST FOR LUNCH!

- Quiche
- Pork Chops
- French Toast w/ Toppings
- Sauteéd Mushrooms
- Biscuits
- Sausage
- Eggs
- Candied Bacon
- Hashbrown Casserole
- Cheese Sauce
- Gravy
- Homemade Cinnamon Rolls

THURSDAY October 15

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

FRIDAY October 16

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

SATURDAY October 17

- Steak Nachos

SUNDAY October 18

- 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 |



IT'S FALL, Y'ALL!

This is a great time to start thinking about ways to incorporate fall fruits and vegetables in your diet. Pumpkin is a popular choice this time of year and loaded with nutrients. 1 cup of pumpkin only has 50 calories, 0% fat, and 245% of the RDA for vitamin A. Use in muffins, breads, and dips to reduce saturated fat content. Substitute ½ cup pureed pumpkin for ½ cup of butter or ¼ cup pureed pumpkin instead of one egg. Make sure to buy pure canned pumpkin, not canned pumpkin pie mix, which has added sugar.

Items in red are healthier choices