Buchanan's Café

MONDAY
November 2

- Beef Stir Fry w/ White Rice
- Crunchy Baked Tilapia w/ Lemon Butter
- Grilled Chicken Bacon Wrap w/ Homemade Ranch
- Roasted Red Potatoes
- Green Beans
- Stir Fry Vegetables
- Egg Roll
- Broccoli Cheese Soup
- Peach Cobbler

TUESDAY
November 3

- Southwest Pork Loin with Rice
- Country Fried Steak w/ Gravy
- Beef Taco Salad in Shell
- Mashed Potatoes
- Green Beans
- Escalloped Apples
- Southwest Egg Roll
- Smoked Pepper Gouda
- Cherry Cobbler

WEDNESDAY
November 4

- Fried Pork Chops
- Stuffed Chicken Breast
- Chili Dogs and Tater Tots Combo
- Green Beans
- Turnip Greens
- Augratin Potatoes
- Blackeyed Peas
- Fried Zucchini
- Vegetable Soup
- Bread Pudding

THURSDAY
November 5

- Rotisserie Chicken
- Carved Prime Rib
- Grilled Chicken Caesar Wrap Combo
- Cut Corn
- Yukon Gold Mashed Potatoes
- Fresh Asparagus
- Roasted Whole Carrots
- Potato Soup
- Apple Cobbler

FRIDAY
November 6

- Chicken Parmesan
- Tuscan Salmon
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- Malibu Blend
- Fried Cheese Sticks
- Chicken Tortilla Soup
- Blackberry Cobbler

SATURDAY
November 7

- Taco Salad

SUNDAY
November 8

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

Items in red are healthier choices

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



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.