Buchanan's Café

MONDAY
November 23

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

TUESDAY
November 24

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

WEDNESDAY
November 25

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- Street Tacos
- Egg Rolls
- Cut Corn
- Green Beans
- Stir Fry Vegetables
- Vegetable Soup
- Blackberry Cobbler

THURSDAY
November 26

HAPPY THANKSGIVING!



- Sliced Ham
- Sliced Turkey
- Green Beans
- Dressing
- Cut Corn
- Sweet Potato Casserole

FRIDAY
November 27

- Mojito Lime Chicken Breast
- Fried Catfish w/ Hushpuppies
- Yellow Rice
- Black Beans
- Green Beans
- Potato Soup
- Cherry Cobbler

SATURDAY
November 28

- BBQ Pork Sandwich Combo

SUNDAY
November 29

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

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



BUILD A HEALTHY PLATE!

- ½ the plate should be non-starchy vegetables
- ¼ the plate lean proteins
- ¼ the plate a starch
- Fresh vegetables are best
- Ask for proteins without creamy sauces and make half your grains whole

Tip: Use the "to go" divided containers to help you choose correctly!