Buchanan's Café

MONDAY
November 9

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

TUESDAY
November 10

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

WEDNESDAY
November 11

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

THURSDAY
November 12

- 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
November 13

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

SATURDAY
November 14

- Steak Nachos

SUNDAY
November 15

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

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.