

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

November 20

- London Broil
- Baked Potato Bar
- Tomato Florentine Soup
- Wings & Things
- Red Potatoes
- Green Beans
- Bermuda Blend
- Fresh Asparagus
- Fried Mushrooms
- Bread Pudding

TUESDAY

November 21

- Fried Chicken
- Vegetable Lasagna
- Swiss Mushroom Burger Combo
- Gumbo
- Green Beans
- Macaroni & Cheese
- Pinto Beans
- Mashed Potatoes
- Fried Cabbage
- Peach Cobbler

WEDNESDAY

November 22

- Smokehouse Maple Salmon
- Chicken Marsala w/ Wild Rice
- Chili
- Roasted Red Potatoes
- Corn
- California Blend
- Green Beans
- Apple Cobbler

THURSDAY

November 23

- Sliced Turkey W/ Gravy
- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Dressing
- Cut Corn
- Pumpkin Pie
- Sweet Potato Pie

FRIDAY

November 24

- Smothered Pork Chops
- BBQ Beef Brisket
- Green Beans
- Baked Beans
- Potato Salad
- Wild Rice

SATURDAY

November 25

- Fried Chicken Sandwich Combo

SUNDAY

November 26

- Sliced Turkey
- Sweet Potato Casserole
- Green Beans
- Cut Corn
- Roll
- Cobbler

BREAKFAST: 6:30 – 10 a.m.

LUNCH: 11 a.m. – 2 p.m.

CLOSED: 2 – 3 p.m.

GRILL ONLY: 3 – 4 p.m.

DINNER: 4 – 7:30 p.m.

Items are subject to change.

Served Every Day:

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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



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.
- Use "to go" divided containers to help you choose correctly.

