

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

February 19

- Meatloaf w/ Red Sauce
- **Pan Seared Italian Chicken**
- Fish Tacos
- Green Beans
- Risotto Rice
- **Bermuda Blend**
- Mashed Potatoes
- Mixed Beans
- Vegetable Beef Soup
- Bread Pudding

TUESDAY

February 20

- Fried Shrimp w/ Hushpuppies
- Liver & Onions
- Chicken Nachos
- Mashed Potatoes
- Green Beans
- Roasted Carrots
- Fried Mushrooms
- **Sicilian Blend**
- Chicken Noodle Soup
- Blackberry Cobbler

WEDNESDAY

February 21

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- Swiss Mushroom Burger Combo
- Stewed Potatoes
- Egg Rolls
- Cut Corn
- **Stir Fried Vegetables**
- Green Beans
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY

February 22

- BBQ Ribs
- Crab Cakes W/ Remoulade
- Grilled Chicken Combo
- Mashed Potatoes
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY

February 23

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Smashed Burger Combo
- Yellow Rice
- Jalapeno Poppers
- Black Beans
- Green Beans
- **Sautéed Broccoli**
- Potato Soup
- Cherry Cobbler

SATURDAY

February 24

- BBQ Pork Sandwich Combo

SUNDAY

February 25

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



February is American Heart Month

Be mindful of eating more heart healthy foods by consuming fresh fruits and vegetables, lean proteins, whole grains, and fat-free dairy. This Valentine's Day, try a 70-85% cacao dark chocolate treat. This provides several antioxidants and has less sugar.

