

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

March 18

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

TUESDAY

March 19

- Liver and Onions
- Fried Shrimp w/ Hushpuppies
- Turkey Avocado Wrap Combo
- Mashed Potatoes
- Green Beans
- Roasted Carrots
- Fried Mushrooms
- **Sicilian Blend**
- Vegetable Soup
- Blackberry Cobbler

WEDNESDAY

March 20

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- BLT w/ Fried Green Tomato Combo
- Turnip Greens
- Egg Rolls
- Cut Corn
- **Stir Fried Vegetables**
- Green Beans
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY

March 21

- BBQ Ribs
- Crab Cakes W/ Remoulade
- Fajita Bar
- Au gratin Potatoes
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY

March 22

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

SATURDAY

March 23

- BBQ Pork Sandwich Combo

SUNDAY

March 24

- 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:

Items in red are healthier choices.

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



March is National Nutrition Month

With the weather starting to warm up, we all will be on the go more! Take good nutrition with you in the form of a healthy snack! Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods. Choose from two or more of the My Plate food groups: grains, fruits, vegetables, dairy, and protein. Try raw veggies with low-fat cottage cheese or hummus, a tablespoon of peanut butter with an apple or banana, or a low-fat Greek yogurt which contains both carbs for energy and protein that will sustain you until you can get that next meal!

