

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

April 15

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

TUESDAY

April 16

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

WEDNESDAY

April 17

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

THURSDAY

April 18

- BBQ Ribs
- Crab Cakes W/ Remoulade
- Fajita Bar
- Ranch Potatoes
- Baked Beans
- Macaroni & Cheese
- **Malibu Blend**
- Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY

April 19

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Carmen's Big Beef Burritos
- Yellow Rice
- Jalapeno Poppers
- Black Beans
- Green Beans
- **Sautéed Broccoli**
- Potato Soup
- Cherry Cobbler

SATURDAY

April 20

- BBQ Pork Sandwich Combo

SUNDAY

April 21

- 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



It's Spring, it's time to lighten up!

Make half your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Look for some of our flavorful pre-assembled salads at the salad bar or in the sandwich and yogurt cooler in our café. Some of our salads have the calorie content on the label and all of them provide at least 2 servings of vegetables along with a great protein source such as grilled chicken or cheese. You can also find fresh fruit in the morning and afternoons in the café to add to your meal.

