

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY

### April 22

- **Crunchy Baked Tilapia w/ Lemon Butter**
- Beef Tips over Rice
- Grilled chicken wrap w/ Homemade Ranch
- Green Beans
- **Bermuda Blend**
- Red Potatoes
- Fried Okra
- Broccoli Cheese Soup
- Pecan Cobbler

## TUESDAY

### April 23

#### National Picnic Day

- Fried Chicken
- Sliders
- Hot Dog Combo w/ Chips
- Baked Beans
- Roasted Corn on Cob
- Fresh Green Beans
- Potato Wedges
- Sweet Cheesy Cornbread
- Bar of Salads

## WEDNESDAY

### April 24

- Carved Prime Rib
- Carved Pit Ham
- **Grilled Chicken Caesar Wrap**
- Yukon Gold Mashed Potatoes
- **Roasted Trim Top Carrots**
- Cut Corn
- **Grilled Asparagus**
- Chicken & Dumpling Soup
- Cherry Cobbler

## THURSDAY

### April 25

- **Smoked Wings**
- Beef Brisket
- Beef taco salad in shell
- Green Beans
- Macaroni & cheese
- Fried Pickles
- Jalapeno Corn
- Au gratin Potatoes
- Potato Soup
- Bread Pudding

## FRIDAY

### April 26

- Chicken Parmesan
- **Tuscan Salmon**
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- **Malibu Blend**
- Fried Cheese sticks
- Tomato Florentine Soup
- Blackberry Cobbler

## SATURDAY

### April 27

- Taco Salad

## SUNDAY

### April 28

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

**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	<b>Veggie Burgers</b>
Hamburgers	Soup of the Day
Cheeseburgers	Assorted Desserts
<b>Hot Ham &amp; Cheese</b>	Cobbler of the Day
<b>Hot Turkey Sandwich</b>	French Fries
Fish Sandwich	Onion Rings
Pimento Cheese Sandwich	Chicken Fingers
Bologna Sandwich	<b>Yogurt Shooters</b>
<b>Grilled Chicken</b>	<b>Baked Potato</b>
	<b>Baked Sweet Potato</b>



## 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.

