

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY July 22

- Fish & Chips
- Beef Tips over Rice
- Smoked Red Pepper Gouda
- Turkey Cucumber Ranch Wrap w/ Baked Lays
- Green Beans
- Blackeye Peas
- Roasted Red Potatoes
- Cheese Curds
- **Malibu Blend**
- Peach Cobbler

## TUESDAY July 23

- Cajun Chicken Pasta
- **Roast Beef w/ Veggies**
- Street Tacos (Chicken or Beef)
- Lobster Bisque
- Mashed Potatoes
- Broccoli Rice Casserole
- **Sicilian Blend**
- Fried Green Beans
- Lima Beans
- Cherry Cobbler

## WEDNESDAY July 24

- Baked Ziti
- Salmon Croquettes w/ Dill Sauce
- **Grilled Chicken Caesar Salad**
- Potato Soup
- Green Beans
- **Fresh Asparagus**
- Mashed Potatoes
- Squash Casserole
- Fried Okra
- Pecan Cobbler

## THURSDAY July 25

- Chopped Steak w/ Peppers & Onions
- Chicken Tetrazzini
- Bang Bang Shrimp Tacos
- Vegetable Soup
- Mashed Potatoes
- Brussel Sprouts
- Green Beans
- **Carrots**
- Scalloped Tomatoes
- Apple Cobbler

## FRIDAY July 26

- BBQ Pork
- Fried Catfish w/ Hushpuppies
- Sloppy Joes w/ Tater Tots
- Corn Chowder
- Green Beans
- Corn on Cob
- Baked Beans
- Macaroni & Cheese
- **Sautéed Broccoli**
- Blackberry Cobbler

## SATURDAY July 27

- Steak Nachos

## SUNDAY July 28

- Fried Pork Chops
- Mashed Potatoes
- Green Beans
- Cut Corn
- Apples

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>



## July is blueberry month!

Blueberries are just 80 calories per cup and loaded with antioxidants. Blueberries are low in fat and high in fiber; a high fiber diet helps lower the amount of cholesterol in blood and lowers the risk of heart disease. Try a blueberry parfait: vanilla yogurt topped with blueberries from the salad bar and sprinkled with granola or chopped nuts.

