

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY July 29

- Sliced Turkey w/ Gravy
- Baked Potato Bar w/ BBQ Pork
- Wings & Things
- Green Beans
- Dressing
- Sweet Potato Casserole
- **Bermuda Blend**
- Tomato Florentine Soup
- Bread Pudding

TUESDAY July 30

- **Smokehouse Salmon**
- Spaghetti w/ Meat Sauce
- Burrito Bowl
- Roasted Red Potatoes
- Cut Corn
- **California Blend**
- Green Beans
- Cut Corn
- Fried Cheese Sticks
- Chili
- Apple Cobbler

WEDNESDAY July 31

- **Vegetable Lasagna**
- Fried Chicken
- Smoked Red Pepper Gouda & Grilled Cheese Combo
- Green Beans
- Fried Cabbage
- Pinto Beans
- Macaroni & Cheese
- Mashed Potatoes
- Gumbo
- Peach Cobbler

THURSDAY August 1

- Chicken Pot Pie
- Kielbasa & Kraut
- Chicken Chimichanga
- Green Beans
- Corn Nuggets
- White Beans
- Mashed Potatoes
- **Sicilian Blend**
- Potato Soup
- Cherry Cobbler

FRIDAY August 2

- Smothered Pork Chops
- Beef Brisket
- Popcorn Shrimp Basket
- Green Beans
- Wild Rice
- Fried Mushrooms
- **Baby Carrots**
- Brussel Sprouts
- Vegetable Soup
- Blackberry Cobbler

SATURDAY August 3

- Fried Chicken Sandwich Combo

SUNDAY August 4

- Sliced Turkey w/ Gravy
- Sweet Potato Casserole
- Green Beans
- 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



National Trail Mix Day is in August!

Nuts are a great source of healthy fats in your diet. But be careful, they are still a high calorie item so make sure you eat the correct amount. A serving size of nuts is ¼ cup or small handful; this makes a great 180 calorie snack! Nuts are a good source of fiber, provide B vitamins, vitamin E, and minerals like calcium, iron, zinc, potassium, and magnesium. Sprinkle on your salad, in your yogurt, or in trail mix with dried fruit.

