

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY July 8

- 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 July 9

Luuu Theme Day

- Hawaiian Pulled Pork
- Chicken Kabob
- **Hawaiian Pizza**
- Ohana Noodles
- Roasted Green Beans
- Caribbean Corn
- Hawaiian Fried Rice
- Hawaiian Baked Beans
- Vegetable Soup
- Blackberry Cobbler
- Fresh Fruit & Hawaiian Salad on Salad Bar

WEDNESDAY July 10

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

THURSDAY July 11

- Crab Cakes W/ Remoulade
- Chicken Quesadillas
- Au gratin Potatoes
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY July 12

National Fry Day

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Loaded Fry Bar
- Yellow Rice
- Jalapeno Poppers
- Black Beans
- Green Beans
- **Sautéed Broccoli**
- Potato Soup
- Cherry Cobbler

SATURDAY July 13

- BBQ Pork Sandwich Combo

SUNDAY July 14

- 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



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.

