

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY September 30

- 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 October 1

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

WEDNESDAY October 2

- 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 October 3

- BBQ Ribs
- Crab Cakes w/ Remoulade Sauce
- Fajitas Bar
- AuGratin Potatoes
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY October 4

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

SATURDAY October 5

- BBQ Pork Sandwich Combo

SUNDAY October 6

- Fried Chicken
- Green Beans
- Mashed Potatoes
- Cut Corn

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:

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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 FALL y'all!

This is a great time to start thinking about ways to incorporate fall fruits and vegetables in your diet. Pumpkin is a popular choice this time of year and loaded with nutrients. 1 cup of pumpkin only has 50 calories, 0% fat, and 245% of the RDA for vitamin A. Use in muffins, breads, and dips to reduce saturated fat content. Substitute ½ cup pureed pumpkin for ½ cup of butter or ¼ cup pureed pumpkin instead of one egg. Make sure to buy pure canned pumpkin, not canned pumpkin pie mix, which has added sugar.

