

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY October 28

- Meatloaf w/ Red Sauce
- **Pan Seared Italian Chicken**
- Fish Tacos
- Mixed Beans
- Green Beans
- Risotto Rice
- **Bermuda Blend**
- Mashed Potatoes
- White Chicken Chili
- Bread Pudding

TUESDAY October 29

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

WEDNESDAY October 30

- 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 31

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

FRIDAY November 1

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

SATURDAY November 2

- BBQ Sandwich Combo

SUNDAY November 3

- 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



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.

