BUCHANAN'S CAFÉ

MONDAY
November 18
- London Broil
- Baked Potato Bar w/ Chicken
- Tomato Florentine Soup
- Wings & Things
- Fresh Asparagus
- Green Beans
- Bermuda Blend
- Fried Mushrooms
- Augratin Potatoes
- Bread Pudding

TUESDAY
November 19
- Smokehouse Maple Salmon
- Spaghetti w/ Meat Sauce
- Burrito Bowl
- Gumbo
- Green Beans
- Fried Cheesesticks
- Roasted Red Potatoes
- Corn
- California Blend
- Peach Cobbler

WEDNESDAY
November 20
- Fried Chicken
- Vegetable Lasagna
- Grilled Cheese w/ Smoked Gouda Soup
- Chili
- Green Beans
- Fried Cabbage
- Pinto Beans
- Mashed Potatoes
- Macaroni & Cheese
- Apple Cobbler

THURSDAY
November 21
- Chicken Pot Pie
- Kielbasa & Kraut
- Chicken Chimichanga
- Potato Soup
- Green Beans
- Mashed Potatoes
- Corn Nuggets
- Bermuda Blend
- White Beans
- Cherry Cobbler

FRIDAY
November 22
- Smothered Pork Chops
- Beef Brisket
- Popcorn Shrimp Basket
- Vegetable Soup
- Green Beans
- Mashed Potatoes
- Glazed Baby Carrots
- Wild Rice
- Blackberry Cobbler

SATURDAY
November 23
- Fried Chicken Sandwich Combo

SUNDAY
November 24
- Sliced Turkey
- Sweet Potato Casserole
- Dressing
- Green Beans
- Cut Corn
- Roll
- 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

Build a Healthy Plate!
- ½ the plate should be non-starchy vegetables.
- ¼ the plate should be lean proteins.
- ¼ the plate should be a starch.
- Fresh vegetables are best, and ask for proteins without creamy sauces.
- Make half your grains whole.
- Use the "to go" divided containers to help you choose correctly.