

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY November 25

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

TUESDAY November 26

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

WEDNESDAY November 27

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

THURSDAY November 28

Happy Thanksgiving!

EMPLOYEES EAT FOR FREE!

- Sliced Ham
- Sliced Turkey
- Dressing
- Green Beans
- Sweet Potato Casserole
- Cut Corn
- Roll
- Pumpkin Pie

FRIDAY November 29

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Yellow Rice
- Black Beans
- Green Beans
- Potato Soup
- Cherry Cobbler

SATURDAY November 30

- BBQ Pork Sandwich Combo

SUNDAY December 1

- 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



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.

