

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY January 13

- Sliced Turkey
- Baked Potato Bar w/ BBQ Pork
- Tomato Florentine Soup
- Wings & Things
- Green Beans
- **Bermuda Blend**
- Dressing
- Sweet Potato Casserole
- Bread Pudding

TUESDAY January 14

- **Smokehouse Maple Salmon**
- Spaghetti w/ Meatsauce
- Burrito Bowl
- Gumbo
- Green Beans
- Fried Cheesesticks
- Roasted Red Potatoes
- Corn
- **California Blend**
- Peach Cobbler

WEDNESDAY January 15

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

THURSDAY January 16

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

FRIDAY January 17

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

SATURDAY January 18

- Fried Chicken Sandwich Combo

SUNDAY January 19

- 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:

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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



How To Be Salad Savvy

For a 300 calorie or less salad, start with darker green lettuces such as Romaine, or try spinach leaves and add non-starchy vegetables, like carrots, cucumber, and tomatoes. Next, add a protein of grilled chicken from the grill OR do a plant-based protein, and top with chickpeas from the salad bar. Finish your salad with oil and vinegar, or a low-fat dressing. Beware of toppings high in saturated fat and calories, like dressings and cheeses.

