

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY January 6

- Fish & Chips
- Beef Tips over White Rice
- **Turkey Cucumber Ranch Wrap w/ Baked Lays**
- Smoked Red Pepper Gouda
- Green Beans
- Blackeye Peas
- Roasted Red Potatoes
- Cheese Curds
- **Malibu Blend**
- Peach Cobbler

## TUESDAY January 7

- Cajun Chicken Pasta
- **Roast Beef W/ Veggies**
- Street Tacos (Beef or Chicken)
- Lobster Bisque
- Mashed Potatoes
- Broccoli Rice Casserole
- **Sicilian Blend**
- Fried Green Tomatoes
- Lima Beans
- Cherry Cobbler

## WEDNESDAY January 8

- Baked Ziti
- Salmon Croquettes w/ Dill Sauce
- **Grilled Chicken Caesars Salad**
- Potato Soup
- Green Beans
- **Fresh Asparagus**
- Mashed Potatoes
- Squash Casserole
- Fried Okra
- Bread Pudding

## THURSDAY January 9

- Chopped Steak w/ Peppers & Onions
- Chicken Tetrazzini
- Bang Bang Shrimp Tacos
- Vegetable Soup
- Mashed Potatoes
- Brussel Sprouts
- Green Beans
- **Carrots**
- Scalloped Tomatoes
- Apple Cobbler

## FRIDAY January 10

- Fried Catfish w/ Hushpuppies
- BBQ Pork
- Sloppy Joes w/ Tater Tots
- Corn Chowder
- Baked Beans
- Corn on Cob
- Sautéed Broccoli
- Macaroni & Cheese
- Green Beans
- Blackberry Cobbler

## SATURDAY January 11

- Steak Nachos

## SUNDAY January 12

- Fried Pork Chops
- Mashed Potatoes
- Green Beans
- Cut Corn
- Apples

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	<b>Veggie Burgers</b>
Hamburgers	Soup of the Day
Cheeseburgers	Assorted Desserts
<b>Hot Ham &amp; Cheese</b>	Cobbler of the Day
<b>Hot Turkey Sandwich</b>	French Fries
Fish Sandwich	Onion Rings
Pimento Cheese Sandwich	Chicken Fingers
Bologna Sandwich	<b>Yogurt Shooters</b>
<b>Grilled Chicken</b>	<b>Baked Potato</b>
	<b>Baked Sweet Potato</b>



## 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.

