

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

April 14

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

TUESDAY

April 15

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

WEDNESDAY

April 16

- Roast Beef W/ Vegetables
- Orange Chicken over Fried Rice
- BLT w/ Fried Green Tomatoes Combo
- Egg Roll
- Green Beans
- Cut Corn
- Stir Fry Vegetables
- Smoked Gouda Soup
- Apple Cobbler

THURSDAY

April 17

- BBQ Ribs
- Crab Cakes W/ Remoulade
- Fajita Bar
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY

April 18

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Yellow Rice
- Loaded Fries Combo
- Sautéed Broccoli
- Black Beans
- Green Beans
- Jalapeno Poppers
- Potato Soup
- Cherry Cobbler

SATURDAY

April 19

- BBQ Pork Sandwich Combo

SUNDAY

April 20

- 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



April: Time to Lighten Up!

Make half your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Look for some of our flavorful pre-assembled salads at the salad bar or in the sandwich and yogurt cooler in our café. Some of our salads have the calorie content on the label and all of them provide at least 2 servings of vegetables along with a great protein source such as grilled chicken or cheese. You can also find fresh fruit in the morning and afternoons in the café to add to your meal.

