

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

April 21

- Crunchy Baked Tilapia w/ Lemon Butter
- Beef Stir Fry with White Rice
- Grilled Chicken Bacon Wrap w/ Homemade Ranch
- Green Beans
- Bermuda Blend
- Roasted Red Potatoes
- Egg Roll
- Broccoli Cheese Soup
- Peach Cobbler

TUESDAY

April 22

- Southwest Pork Loin with Rice
- Country Fried Steak w/ Gravy
- Beef Taco Salad in Shell
- Mashed Potatoes
- Green Beans
- Escalloped Apples
- Southwest Egg Roll
- Smoked Pepper Gouda
- Cherry Cobbler

WEDNESDAY

April 23

- Fried Pork Chops
- Stuffed Chicken Breast
- Fish Sandwich Combo
- Green Beans
- Turnip Greens
- AuGratin Potatoes
- Blackeye Peas
- Vegetable Soup
- Pecan Cobbler

THURSDAY

April 24

- Carved Prime Rib
- Carved Pit Ham
- Grilled Chicken Caesar Wrap Combo
- Yukon Gold Mashed Potatoes
- Roasted Whole Carrots
- Cut Corn
- Fresh Asparagus
- Potato Soup
- Apple Cobbler

FRIDAY

April 25

- Chicken Parmesan
- Tuscan Salmon
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- Malibu Blend
- Fried Cheese Sticks
- Italian Wedding Soup
- Blackberry Cobbler

SATURDAY

April 26

- Taco Salad

SUNDAY

April 27

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

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



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.

