

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

April 7

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

TUESDAY

April 8

- Spaghetti w/ Meatsauce
- Smokehouse Maple Salmon
- Burrito Bowl
- Green Beans
- Fried Cheese Sticks
- Corn
- Roasted Red Potatoes
- Gumbo
- Peach Cobbler

WEDNESDAY

April 9

- Fried Chicken
- Rotisserie Chicken
- Steak Nachos
- Macaroni & Cheese
- Pinto Beans
- Fried Cabbage
- Green Beans
- Mashed Potatoes
- Chili
- Apple Cobbler

THURSDAY

April 10

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

FRIDAY

April 11

- Grilled Grouper
- Beef Brisket
- Grilled Chicken Caesar Wrap
- Green Beans
- Fried Mushrooms
- Glazed Baby Carrots
- Wild Rice
- Vegetable Soup
- Blackberry Cobbler

SATURDAY

April 12

- Fried Chicken Sandwich Combo

SUNDAY

April 13

- Sliced Turkey w/Gravy
- Sweet Potato Casserole
- Green Beans
- Cut Corn
- Dressing
- 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



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.

