

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY June 30

- Sliced Turkey
- Baked Potato Bar w/ BBQ Pork
- Fish Sandwich Combo
- Tomato Florentine Soup
- Green Beans
- Normandy Blend
- Dressing
- Sweet Potato Casserole
- Bread Pudding

## TUESDAY July 1

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

## WEDNESDAY July 2

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

## THURSDAY July 3

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

## FRIDAY July 4

INDEPENDENCE DAY!

- Hamburger
- Hot Dog
- Grilled Chicken Breast
- Potato Salad
- Cole Slaw
- Baked Beans
- Blackberry Cobbler



## SATURDAY July 5

- Fried Chicken Sandwich Combo

## SUNDAY July 6

- Sliced Turkey & 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:

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



## July is Blueberry Month!

Blueberries are just 80 calories per cup and loaded with antioxidants. Blueberries are low in fat and high in fiber; a high fiber diet helps lower the amount of cholesterol in blood and lowers the risk of heart disease. Try a blueberry parfait: vanilla yogurt topped with blueberries from the salad bar and sprinkled with granola or chopped nuts.

