

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY June 9

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

TUESDAY June 10

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

WEDNESDAY June 11

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- BLT Combo w Homemade Chips
- Egg Roll
- Cut Corn
- Stir Fried Vegetables
- Green Beans
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY June 12

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

FRIDAY June 13

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

SATURDAY June 14

- BBQ Sandwich Combo

SUNDAY June 15

- Fried Chicken
- Green Beans
- Mashed Potatoes
- Cut Corn

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



June is Dairy Month!

Dairy products add so much healthy nutrition to our diet. Dairy foods/beverages provide calcium, Vitamin D, potassium, protein and other nutrients needed for good health throughout our life! Make sure, though, that you are selecting a low-fat or fat-free product to cut calories and saturated fat. Milk, yogurt, cheese and fortified soy milk are considered dairy foods. The USDA Choose My Plate recommendations state that adults should consume 3 servings of dairy products per day.

