

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY July 14

- 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 July 15

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

## WEDNESDAY July 16

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

## THURSDAY July 17

- 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 July 18

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

## SATURDAY July 19

- Taco Salad

## SUNDAY July 20

- 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



## 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.

