

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY July 28

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

## TUESDAY July 29

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

## WEDNESDAY July 30

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

## THURSDAY July 31

- Chicken Pot Pie
- Kielbasa & Kraut
- Fish Sandwich Combo
- Green Beans
- Mashed Potatoes
- Corn Nuggets
- Normandy Blend
- Potato Soup
- Cherry Cobbler

## FRIDAY August 1

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

## SATURDAY August 2

- Fried Chicken Sandwich Combo

## SUNDAY August 3

- Sliced Turkey
- Sweet Potato Casserole
- Dressing
- Green Beans
- Cut Corn
- Cobbler

BREAKFAST: 6:30 – 10 a.m.  
CLOSED: 10 – 11 a.m.  
LUNCH: 11 a.m. – 2 p.m.  
CLOSED: 2 – 3 p.m.  
GRILL ONLY: 3 – 4 p.m.  
DINNER: 4 – 6:30 p.m.  
GRILL ONLY: 6:30 – 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



## National Trail Mix Day is in August!

Nuts are a great source of healthy fats in your diet. But be careful, they are still a high-calorie item, so make sure you eat the correct amount. A serving size of nuts is ¼ cup or small handful; this makes a great 180 calorie snack! Nuts are a good source of fiber, provide vitamins B, E, and minerals like calcium, iron, zinc, potassium, and magnesium. Sprinkle on your salad, in your yogurt, or in trail mix with dried fruit.

