BUCHANAN'S CAFÉ

Items in red are healthier choices

MONDAY
July 7
- Meatloaf w/ Red Sauce
- Italian Chicken Breast
- Fish Tacos
- Green Beans
- Bermuda Blend
- Mashed Potatoes
- Risotto Rice
- White Chicken Chili
- Pecan Cobbler

TUESDAY
July 8
- Fried Shrimp w/ Hushpuppies
- Liver & Onions
- Chicken Quesadillas
- Mashed Potatoes
- Green Beans
- Fried Mushrooms
- Sicilian Blend
- Vegetable Soup
- Blackberry Cobbler

WEDNESDAY
July 9
- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- BLT Combo w/ Homemade Chips
- Egg Roll
- Green Beans
- Stir Fry Vegetables
- Cut Corn
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY
July 10
- BBQ Ribs
- Crab Cakes w/ Remoulade Sauce
- Brunch Burger
- Baked Beans
- Macaroni & Cheese
- Normandy Blend
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY
July 11
- Mojito Lime Chicken Breast
- Fried Catfish
- Loaded Fries Combo
- Yellow Rice
- Black Beans
- Jalapeno Poppers
- Homemade Broccoli Bites
- Potato Soup
- Cherry Cobbler

SATURDAY
July 12
- BBQ Pork Sandwich Combo

SUNDAY
July 13
- Fried Chicken
- Green Beans
- Mashed Potatoes
- Cut Corn
- 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

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.