

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY August 25

- Sliced Turkey
- Baked Potato Bar w/ BBQ Pork
- Bacon Cheeseburger Combo
- Sweet Potato Casserole
- Dressing
- Green Beans
- Bermuda Blend
- Tomato Florentine Soup
- Bread Pudding

## TUESDAY August 26

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

## WEDNESDAY August 27

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

## THURSDAY August 28

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

## FRIDAY August 29

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

## SATURDAY August 30

- Fried Chicken Sandwich Combo

## SUNDAY August 31

- Sliced Turkey w/ Gravy
- 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

Hamburgers

Cheeseburgers

Hot Ham &  
Cheese

Hot Turkey  
Sandwich

Fish Sandwich

Pimento Cheese  
Sandwich

Bologna  
Sandwich

Grilled Chicken

Veggie Burgers

Soup of the Day

Assorted Desserts

Cobbler of the  
Day

French Fries

Onion Rings

Chicken Fingers

Yogurt Shooters

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.

