

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY

### August 4

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

## TUESDAY

### August 5

- Liver & Onions
- Bacon Cheeseburgers w/ Bacon
- Mashed Potatoes
- Green Beans
- Fried Mushrooms
- **Sicilian Blend**
- **Vegetable Soup**
- Blackberry Cobbler

## WEDNESDAY

### August 6

- **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

### August 7

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

## FRIDAY

### August 8

- **Mojito Lime Chicken Breast**
- Fried Catfish
- Loaded Fries Combo
- Yellow Rice
- **Black Beans**
- Green Beans
- Homemade Broccoli Bites
- Potato Soup
- Cherry Cobbler

## SATURDAY

### August 9

#### Employee Free Fair Day Meal!

Includes 1 entrée & sides  
(Potato Chips, Grandma Cookie & Fountain Drink)

- BBQ Pork
- **Grilled Chicken Breast**
- Baked Beans
- Cole Slaw
- Potato Chips
- Grandma Cookie
- Fountain Drink

## SUNDAY

### August 10

- Fried Chicken
- Green Beans
- Mashed Potatoes
- 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	<b>Veggie Burgers</b>
Hamburgers	Soup of the Day
Cheeseburgers	Assorted Desserts
<b>Hot Ham &amp; Cheese</b>	Cobbler of the Day
<b>Hot Turkey Sandwich</b>	French Fries
Fish Sandwich	Onion Rings
Pimento Cheese Sandwich	Chicken Fingers
Bologna Sandwich	<b>Yogurt Shooters</b>
<b>Grilled Chicken</b>	<b>Baked Potato</b>
	<b>Baked Sweet Potato</b>



## 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.

