

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY October 27

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

TUESDAY October 28

- Fried Shrimp w/ Hushpuppies
- Liver & Onions
- Chicken Nachos
- Mashed Potatoes
- Green Beans
- Fried Mushrooms
- **Sicilian Blend**
- Vegetable Soup
- Blackberry Cobbler

WEDNESDAY October 29

- Roast Beef w/ Vegetables
- Orange Chicken w/ Fried Rice
- BLT combo w/ Green Tomatoes & Homemade Chips
- Egg Roll
- Green Beans
- **Stir Fry Vegetables**
- Cut Corn
- Smoked Red Pepper Gouda
- Apple Cobbler

THURSDAY October 30

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

FRIDAY October 31

- **Mojito Lime Chicken Breast**
- Fried Catfish w Hushpuppies
- Loaded Fries Combo
- Yellow Rice
- **Black Beans**
- Green Beans
- **Sauteed Broccoli**
- Jalapeno Poppers
- Potato Soup
- Cherry Cobbler

SATURDAY November 1

- BBQ Sandwich Combo

SUNDAY November 2

- 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

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



Build A Healthy Plate!

- ✓ One half of the plate should be non-starchy vegetables.
- ✓ One quarter of the plate should be a lean protein.
- ✓ One quarter of the plate should be a starch.
- ✓ Fresh vegetables are best; ask for proteins without creamy sauces; and make half of your grains whole.
- ✓ Use the "to go" divided containers to help you choose correctly.

