

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY October 6

- Crunchy Baked Tilapia w/ Lemon Butter
- Beef Stir Fry w/ White Rice
- Grilled Chicken Bacon wrap w/ Homemade Ranch
- Green Beans
- Bermuda Blend
- Roasted Red Potatoes
- Egg Roll
- Broccoli Cheese Soup
- Peach Cobbler

TUESDAY October 7

- Southwest Pork Loin with Rice
- Country Fried Steak w/ Gravy
- Beef Taco Salad in Shell
- Mashed Potatoes
- Green Beans
- Escaloped Apples
- Southwest Egg Roll
- Smoked Pepper Gouda
- Cherry Cobbler

WEDNESDAY October 8

- Fried Pork Chops
- Stuffed Chicken Breast
- Catfish Nuggets Combo
- Green Beans
- Turnip Greens
- AuGratin Potatoes
- Blackeyed Peas
- Vegetable Soup
- Pecan Cobbler

THURSDAY October 9

- Carved Prime Rib
- Carved Pit Ham
- Grilled Chicken Caesar Wrap
- Yukon Gold Mashed Potatoes
- Roasted Whole Carrots
- Cut Corn
- Fresh Asparagus
- Potato Soup
- Apple Cobbler

FRIDAY October 10

- Chicken Parmesan
- Tuscan Salmon
- Patty Melt w/ Onion Rings
- Mashed Potatoes
- Green Beans
- Malibu Blend
- Fried Cheese Sticks
- Italian Wedding Soup
- Blackberry Cobbler

SATURDAY October 11

- Taco Salad

SUNDAY October 12

- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

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:

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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



It's FALL, Y'all!

This is a great time to start thinking about ways to incorporate fall fruits and vegetables in your diet. Pumpkin is a popular choice this time of year and loaded with nutrients. 1 cup of pumpkin only has 50 calories, 0% fat, and 245% of the RDA for vitamin A. Use in muffins, breads, and dips to reduce saturated fat content. Substitute ½ cup pureed pumpkin for ½ cup of butter or ¼ cup pureed pumpkin instead of one egg. Make sure to buy pure canned pumpkin, not canned pumpkin pie mix, which has added sugar.

