

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY November 17

- 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 November 18

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

WEDNESDAY November 19

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

THURSDAY November 20

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

FRIDAY November 21

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

SATURDAY November 22

- Fried Chicken Sandwich Combo

SUNDAY November 23

- Sliced Turkey w/ Gravy
- Sweet Potato Casserole
- Dressing
- Green Beans
- Cut Corn
- Roll
- 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.

