

BUCHANAN'S CAFÉ



Items in red are healthier choices

MONDAY

February 2

- Fish & Chips
- Chicken & Dumplings
- Turkey Cucumber Ranch Wrap w/
Baked Lays
- Smoked Red Pepper Gouda
- Green Beans
- **Blackeye Peas**
- Roasted Red Potatoes
- Fried Okra
- Peach Cobbler

TUESDAY

February 3

- Cajun Chicken Pasta
- **Roast Beef w/ Veggies**
- Street Tacos (Chicken or Beef)
- Lobster Bisque
- Mashed Potatoes
- Broccoli Rice Casserole
- Fried Green Beans
- Lima Beans
- Cherry Cobbler

WEDNESDAY

February 4

- Baked Ziti
- Salmon Croquettes w/ Dill Sauce
- **Grilled Chicken Caesar Salad**
- Potato Soup
- Green Beans
- **Fresh Asparagus**
- Mashed Potatoes
- Squash Casserole
- Pecan Cobbler

THURSDAY

February 5

- Chopped Steak w/ Peppers & Onions
- Chicken Cordon Bleu
- Bang Bang Shrimp Tacos
- Chicken Tortilla Soup
- Mashed Potatoes
- Brussel Sprouts
- Green Beans
- **Carrots**
- Apple Cobbler

FRIDAY

February 6

SUPER BOWL TAILGATE!

- Burger Sliders
- Smoked Wings
- Italian Sausage and Peppers
- Homemade Potato Wedges
- Cajun Corn Ribs
- Mac and Cheese
- Green Beans
- Pasta Salad options
- Corn Chowder
- Blackberry Cobbler

SATURDAY

February 7

- Steak Nachos

SUNDAY

February 8

- Fried Pork Chops
- Mashed Potatoes
- Green Beans
- Cut Corn
- Apples

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.

Items Served Every Day:

Items in red are healthier choices.

• Breakfast	• Veggie Burgers
• Hamburgers	• Soup of the Day
• Cheeseburgers	• Assorted Desserts
• Hot Ham & Cheese	• Cobbler of the Day
• Hot Turkey Sandwich	• French Fries
• Fish Sandwich	• Onion Rings
• Pimento Cheese Sandwich	• Chicken Fingers
• Bologna Sandwich	• Yogurt Shooters
• Grilled Chicken	• Baked Potato
	• Baked Sweet Potato



How to be Salad Savvy

For a 300 calorie or less salad: Start with darker green lettuces such as Romaine or try spinach leaves and add non-starchy vegetables like carrots, cucumber, and tomatoes. Next, add a protein of grilled chicken from the grill OR do a plant based protein and top with chickpeas from the salad bar. Finish your salad with oil and vinegar or a low-fat dressing. Beware of toppings high in saturated fat and calories: dressings and cheeses.