

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.

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| • 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.