

# Buchanan's Café



## MONDAY February 23

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

## TUESDAY February 24

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

## WEDNESDAY February 25

- Fried Pork Chops
- Stuffed Chicken Breast
- Steak Nachos
- Green Beans
- Turnip Greens
- AuGratin Potatoes
- Black Eyed Peas
- Vegetable Soup
- Bread Pudding

## THURSDAY February 26

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

## FRIDAY February 27

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

## SATURDAY February 28

- Taco Salad

## SUNDAY March 1

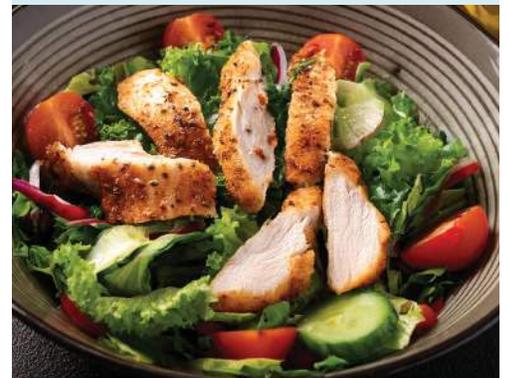
- Sliced Ham
- Green Beans
- Sweet Potato Casserole
- Macaroni & Cheese

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.

### Items 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



## How To Be Salad Savvy

For a 300-calorie-or-less salad: Start with lettuce 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 dressings and toppings high in saturated fat and calories.

Items in red are healthier choices