

Buchanan's Café



MONDAY March 16

- Meatloaf w/ Red Sauce
- **Italian Chicken Breast**
- Fish Tacos
- Green Beans
- **Bermuda Blend**
- Mashed Potatoes
- Risotto Rice
- **White Chicken Chili**
- Blueberry Cobbler

TUESDAY March 17

Happy St. Patrick's Day!

- Corn Beef & Cabbage
- Orange Chicken w/ Fried Rice
- BLT Combo w/ Homemade Chips
- Egg Rolls
- Cut Corn
- Green Beans
- **Stir Fry Vegetables**
- Smoked Red Pepper Gouda
- Apple Cobbler

WEDNESDAY March 18

- Fried Shrimp w/ Hushpuppies
- Liver & Onions
- Chicken Nachos
- Mashed Potatoes
- Green Beans
- Fried Mushrooms
- **Sicilian Blend**
- Vegetable Soup
- Blackberry Cobbler

THURSDAY March 19

- BBQ Ribs
- Crab Cakes w/ Remoulade Sauce
- Fajita Bar
- Baked Beans
- Macaroni & Cheese
- **Normandy Blend**
- Whole Green Beans
- Broccoli Cheese Soup
- Peach Cobbler

FRIDAY March 20

- **Mojito Lime Chicken Breast**
- Fried Catfish w Hushpuppies
- Loaded Fries Combo
- Yellow Rice
- Black Beans
- Green Beans
- **Sautéed Broccoli**
- Potato Soup
- Cherry Cobbler

SATURDAY March 21

- BBQ Pork Sandwich Combo
- Baked Beans
- Cole Slaw

SUNDAY March 22

- Fried Chicken
- Mashed Potatoes
- Green Beans
- Cut Corn

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**



Lighten Up For Spring!

Make half your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals and dietary fiber to your plate. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Look for some of our flavorful pre-assembled salads at the salad bar or in the sandwich and yogurt cooler in our café. Some of our salads have the calorie content on the label and all of them provide at least 2 servings of vegetables along with a great protein source such as grilled chicken or cheese. You can also find fresh fruit in the morning and afternoons in the café to add to your meal.

Items in red are healthier choices