

# BUCHANAN'S CAFÉ



Items in red are healthier choices

## MONDAY November 4

- **Crunchy Baked Tilapia w/ Lemon Butter**
- Beef Stir Fry over Fried Rice
- Grilled Chicken Bacon Wrap
- W / Homemade Ranch Combo
- Green Beans
- **Bermuda Blend**
- Roasted Red Potatoes
- Cob Corn
- Egg Roll
- Broccoli Cheese Soup
- Peach Cobbler

## TUESDAY November 5

- Fried Pork Chops
- Stuffed Chicken Breast
- Beef Taco Salad in Shell
- Shoepeg Corn
- Green Beans
- **Sicilian Blend**
- Escalloped Apples
- Fried Zucchini
- Smoked Red Pepper Gouda
- Bread Pudding

## WEDNESDAY November 6

- Carved Prime Rib
- Carved Pit Ham
- **Grilled Chicken Caesar Wrap Combo**
- Yukon Gold Mashed Potatoes
- **Roasted Trim Top Carrots**
- Cut Corn
- Fresh Asparagus
- Chicken & Dumpling Soup
- Cherry Cobbler

## THURSDAY November 7

- Southwest Pork Loin Over Rice
- Country Fried Steak with Gravy
- Chic Fil A Combo w/ Waffle Fries
- Green Beans
- Mashed Potatoes
- Broccoli Spears
- Butter Beans
- Southwest Egg Roll
- Potato Soup
- Apple Cobbler

## FRIDAY November 8

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

## SATURDAY November 9

- Taco Salad

## SUNDAY November 10

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

**BREAKFAST: 6:30 – 10 a.m.**

**LUNCH: 11 a.m. – 2 p.m.**

**CLOSED: 2 – 3 p.m.**

**GRILL ONLY: 3 – 4 p.m.**

**DINNER: 4 – 7:30 p.m.**

Items are subject to change.

### Served Every Day:

Items in red are healthier choices.

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



### Build a Healthy Plate!

- ½ the plate should be non-starchy vegetables.
- ¼ the plate should be lean proteins.
- ¼ the plate should be a starch.
- Fresh vegetables are best, and ask for proteins without creamy sauces.
- Make half your grains whole.
- Use the "to go" divided containers to help you choose correctly.

