# Buchanan's Cafe Weekly Menu

**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 p.m.**
**GRILL ONLY: 7 – 9 p.m.**

**(Items subject to change.)**

## Monday, December 10

**Featured:**
Roast Beef in Au Jus w/ Vegetables
Chicken & Dumplings
Sloppy Joes w/ Fries

**Sides:**
Sautéed Squash
Green Beans
Mashed Potatoes
Thickened Peas
Baby Carrots

## Tuesday, December 11

**Featured:**
Fried Pork Chops
Stuffed Chicken Breast
Swiss Burger

**Sides:**
Butter Beans
Fried Okra
Green Beans
Scalloped Potatoes
**Sicilian Blend**

## Wednesday, December 12

**Featured:**
Macaroni Beef & Tomatoes
**"Oven Baked Crunchy Tilapia w/ Lemon Butter"**
Ribeye Steak Sandwich

**Sides:**
Green Beans
**Pinto Beans**
**Peas & Carrots**
Cheese Sticks
Stewed Whole Potatoes

## Thursday, December 13

**Featured:**
Salmon Croquettes
Meat Lasagna
**Grilled Chicken Caesar Salad**

**Sides:**
Red Potatoes
**Cut Corn**
**Broccoli Spears**
Blackeye Peas
Green Beans

## Friday, December 14

**Featured:**
Chicken Parmesan
Cajun Catfish
**Turkey Club Avocados Wrap**

**Sides:**
**Bermuda Blend**
Mashed Potatoes
Green Beans
Macaroni & Cheese
Fried Apple Crescents

## Saturday, December 15

**Featured:**
**Rotisserie Chicken**
Stuffed Peppers

**Sides:**
AuGratin Potatoes
**California Blend**
Lima Beans
Wild Rice

## Sunday, December 16

**Featured:**
**Sliced Ham w/ Pineapple**
Fried Chicken Breast

**Sides:**
Candied Yams
Turnip Greens
**Cut Corn**
Green Beans

## Served Every Day:

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

## Healthy Tips:

**Items in red are the healthier choices for the day.**

**December tip:**
**Build a Healthy Holiday Plate**
Grilled Chicken Breast w/baked sweet potato and side salad
Grilled Chicken Sandwich on wheat bread w/side salad
Turkey or Tuna Sandwich on wheat bread w/fresh fruit
Avoid sweetened beverages, gravies, and sauces.

Williamson Medical Center