

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, January 21	Tuesday, January 22	Wednesday, January 23
<p>Featured: Chicken Cordon Bleu Beef Lo Mein Ruebens</p> <p>Sides: Stir Fry Vegetables Green Beans Egg Rolls Blackeye Peas Au Gratin Potatoes</p>	<p>Featured: Cajun Chicken Pasta Fish & Chips Smoky BBQ Burger</p> <p>Sides: Red Potatoes Lima Beans Squash Casserole Spinach Sicilian Blend</p>	<p>Featured: Roast Pork w/ White Rice & Black Bean Salsa Country Fried Steak w/ White Gravy Chicken Quesadillas</p> <p>Sides: Shoepeg Corn Mashed Potatoes Green Beans Okra & Tomatoes Southwestern Egg Roll</p>
Thursday, January 24	Friday, January 25	Saturday, January 26
<p>Featured: Chopped Steak w/ Peppers & Onions Chicken Broccoli Casserole Bang Bang Shrimp Tacos</p> <p>Sides: Sautéed Green Beans w/ Tomatoes Mashed Potatoes Gravy Fried Onion Petals Carrots Brussel Sprouts</p>	<p>Featured: BBQ Pork Fried Catfish w/ Hushpuppies Buchanan's Patty Melt</p> <p>Sides: Baked Beans Green Beans Fried Okra Sautéed Broccoli Cut Corn</p>	<p>Featured: Chopped Steak w/ Peppers & Onions Chicken & Dumplings</p> <p>Sides: AuGratin Potatoes Fried Squash Green Beans Sautéed Mushrooms</p>
Sunday, January 27	Served Every Day:	Healthy Tips:
<p>Featured: Sliced Roast Beef Fish & Chips</p> <p>Sides: Green Beans Mashed Potatoes Baby Carrots Turnip Greens</p>	<p>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</p> <p>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</p>	<p>Items in red are healthier choices. 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 toppings high in saturated fat and calories: dressings and cheeses.</p>

