



Watch for Mindful Menu Selections

Look for our Daily Specials

*...Good Food that Tastes
Great is Your Reason for
Eating Healthy!*

Low-Fat/Calorie Healthier Eating Options

Low Fat Mayo

Low Fat Deli Meats

Items offered Baked/Fried

All Fried Foods Fried in Trans-Fat

Free Oil

Olive Oil Salad Dressings

Low-Fat Frozen Yogurt

100 Calorie Snacking Options

Hours

6:30am-9:00am Breakfast

11:00am-1:30pm Lunch

4:30pm-7:00pm Dinner

Grab & Go Available All Day

Managers

General Manager

Steven R. Hand- ext 1360

Executive Chef

Jason Pyle- ext 1562

Cherokee Menu Line- Dial (FOOD)-
3663



Cherokee Cafe

Week of Monday April 8

Monday

Entree:	Orange Glazed Pork Loin	\$3.99
	Spaghetti & Meat Sauce ☺	\$3.99
	Suncreek Potatoes with Onions VG	\$1.49
	Balsamic Roasted Vegetable VG ☺	\$1.49
	Sliced Carrots VG ☺	\$1.49
Special:	Chicken Quesadilla	\$5.49

Tuesday

Entree:	Chicken Fajita Tacos ☺	\$3.99
	Beef Enchiladas	\$3.99
	Mexican Rice V ☺	\$1.49
	Sante Fe Black Bean V	\$1.49
	Fresh Broccoli Floret VG ☺	\$1.49
Special:	Pulled Pork Sandwich	\$3.99

Wednesday

Entree:	Blackened Salmon	\$4.99
	Glazed Natural Turkey Breast ☺	\$2.99
	Steamed Broccoli & Cauliflower VG ☺	\$1.49
	Steakhouse Spinach V	\$1.49
	Candied Sweet Potatoes V ☺	\$1.49
Special:	Black & Bleu/Salad	\$5.59

Thursday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Tater Tot Casserole	\$3.99
	Fried Cabbage	\$1.49
	Baked Macaroni & Cheese ☺	\$1.49
	Lima Beans with Smoked Bacon	\$1.49
	Grilled New York Steak Panini	\$5.99

Friday

Entree:	Baked Cajun Catfish	\$5.99
	Piri Piri Chicken	\$3.99
	Corn on the Cobb	\$1.49
	Yellow Rice (Turmeric) V ☺	\$1.49
	Greens	\$0.99
Special:	Pancakes	\$0.99

Saturday

Entree:	Spaghetti w/ Meat Sauce	\$3.99
	Classic Grilled Chicken Breast ☺	\$2.79
	Sliced Carrots VG ☺	\$1.49
	Green Beans VG ☺	\$0.99
	Crispy Chicken Tender	\$3.99
	Classic Cheeseburger (1/4 lb)	\$3.19

Sunday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Meatloaf	\$3.99
	Peas and Mushrooms V ☺	\$1.49
	Corn O'Brien VG ☺	\$1.49
	Smashed Red Bliss Potatoes with Herbs V	\$1.49
	Turnip Greens V	\$0.99

VG Vegan V Vegetarian ☺ Mindful