



# 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 January 21

## Monday

Entree:	Grilled Bourbon Porkchop	\$3.99
	Chicken Pot-Pie	\$2.99
	Herbed Wild Rice	\$1.49
	Bouquetiere of Vegetables	\$1.49
	Green Beans	\$.99
Mindful:	Rustico Green Salad	\$.49oz

## Tuesday

Entree:	General Tso's Crispy Chicken	\$3.99
	Sweet Mandarin Pork	\$3.99
	Fresh Sugar Snap Peas	\$1.49
	Fried Egg Rolls	\$1.69
	White Rice	\$.99
Mindful:	Chicken w/Salsa Verde & Avocado Cream	\$4.99

## Wednesday

Entree:	Mexican Spiced Pork Tenderloin	\$3.99
	Tortilla Chipotle Lime Chicken	\$3.99
	Baja Black Bean	\$1.49
	Cilantro White Rice	\$1.49
	Green Beans	\$.99
Special:	Black & Bleu Salad	\$5.59

## Thursday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Meatloaf	\$2.99
	Butter Beans	\$1.49
	Baked Macaroni & Cheese	\$1.49
	Chive and Garlic Mashed Potatoes	\$1.49
Mindful:	Whole Wheat Penne Pesto Chicken	\$4.99

## Friday

Entree:	Golden Fried Catfish	\$5.99
	Chicken Piccata	\$3.99
	Hush Puppies	\$1.49
	Savory Black-Eyed Peas	\$1.49
	Baked Potatoes	\$1.49
Special:	Omelet Bar	\$3.99

## Saturday

Entree:	Classic Meatloaf	\$2.99
	Classic Grilled Chicken Breast	\$2.79
	Crispy Chicken Tender	\$3.99
	Classic Cheeseburger (1/4 lb)	\$3.19
	Mozzarella Pizza by the Slice	\$3.29

## Sunday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Roasted Turkey Breast	\$2.99
	Mashed Potatoes	\$1.49
	Savory Cornbread Stuffing	\$1.49
	Turnip Greens	\$.99
	Green Beans	\$.99

Vegan Vegetarian Mindful