



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 November 26

Monday

| | | |
|---------|--|--------|
| Entree: | Chili Orange BBQ Chicken | \$3.99 |
| | Crispy Parmesan Tilapia 🍃 | \$3.99 |
| | Thyme Roasted Potatoes 🍃 | \$1.49 |
| | Green Beans with Red Pepper & Garlic 🍃 | \$1.49 |
| | Steamed Vegetable Medley 🍃 | \$1.49 |
| | Baked Sweet Potato 🍃 | \$1.49 |

Tuesday

| | | |
|---------|------------------------|--------|
| Entree: | Kansas City BBQ Ribs | \$4.99 |
| | General Tso's Chicken | \$3.99 |
| | Vegetable Egg Rolls 🍃 | \$1.69 |
| | Vegetable Fried Rice 🍃 | \$1.49 |
| | Cantonese Vegetables 🍃 | \$1.49 |
| | Steamed White Rice 🍃 | \$.99 |

Wednesday

| | | |
|----------|---------------------------------------|--------|
| Entree: | Chicken Parmesan | \$3.99 |
| | Herb Roasted Pork Loin with Pan Gravy | \$2.99 |
| | Roasted Fingerling Potatoes 🍃 | \$1.49 |
| | Garlic Roast Green Beans 🍃 | \$1.49 |
| Special: | Black & Bleu Salad | \$5.59 |

Thursday

| | | |
|----------|----------------------------|--------|
| Entree: | Pot-Roast w/ Veggies | \$3.99 |
| | Buttermilk Fried Chicken | \$3.99 |
| | New Potatoes with Garlic 🍃 | \$1.49 |
| | Baked Macaroni & Cheese 🍃 | \$1.49 |
| | Green Bean Casserole 🍃 | \$1.49 |
| Special: | Fried Shrimp | \$3.99 |

Friday

| | | |
|----------|----------------------|--------|
| Entree: | Golden Fried Catfish | \$5.99 |
| | Baked BBQ Chicken | \$3.99 |
| | Hush Puppies 🍃 | \$1.49 |
| | BBQ Baked Beans 🍃 | \$1.49 |
| | Fried Cabbage | \$1.49 |
| Special: | Omelet Bar | \$3.99 |

Saturday

| | | |
|---------|----------------------------------|--------|
| Entree: | Chili Orange Chicken | \$3.99 |
| | Green Beans 🍃 | \$.99 |
| | Whole Kernel Corn 🍃 | \$.99 |
| | Classic Grilled Chicken Breast 🍃 | \$2.79 |
| | Crispy Chicken Tender | \$3.99 |
| | Classic Cheeseburger (1/4 lb) | \$3.19 |

Sunday

| | | |
|---------|---------------------------|--------|
| Entree: | Pot-Roast w/ Veggies | \$3.99 |
| | Buttermilk Fried Chicken | \$3.99 |
| | BBQ Baked Beans 🍃 | \$1.49 |
| | Baked Macaroni & Cheese 🍃 | \$1.49 |
| | Mashed Potato 🍃 | \$1.49 |
| | Smokey Greens | \$.99 |

🍃 Vegan 🍃 Vegetarian 🍃 Mindful