



# 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 September 9

## Monday

Entree:	Asian Beef and Broccoli Stir-Fry	\$4.99
	Sweet and Sour Chicken	\$4.99
	White Seasoned Rice	\$1.09
	Steamed Broccoli and Red Peppers	\$1.59
	Rice Noodle	\$1.59
Special:	Pancakes	\$1.09

## Tuesday

Entree:	Jerk Rubbed Pork Chop	\$3.99
	Chicken and Cheese Enchilada Verde	\$3.99
	Green Beans Southern Style	\$1.59
	Herb Roasted Carrots	\$1.59
	Corn Aztec	\$1.59
Special:	Wings 6 & 10 Ct	\$4.99/6.99

## Wednesday

Entree:	Sauteed Chicken Marsala	\$4.99
	Eggplant Parmesan	\$3.99
	Sauteed Spinach	\$1.59
	Herb Roasted Carrots	\$1.59
Special:	Black & Bleu Salad	\$5.99

## Thursday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	BBQ Brisket w/ Green Onion	\$4.99
	Baked Yellow Squash & Cheese	\$1.59
	Green Beans Southern Style	\$1.59
	Greens	\$1.09
	Grilled Corn Cobbette	\$1.59

## Friday

Entree:	Golden Fried Catfish	\$5.99
	Kansas City BBQ Chicken Quarter	\$3.99
	Hush Puppies	\$1.59
	Fresh Green Beans	\$1.59
	Scallion Roasted Red Bliss Potatoes	\$1.59
Special:	Granny's Quiche	\$3.29

## Saturday

Entree:	Home-Style Meatloaf	\$3.99
	Mashed Potatoes	\$1.59
	Corn O'Brien	\$1.59
	Crinkle Cut French Fries	\$1.29
	Classic Grilled Chicken Breast	\$2.79
	Crispy Chicken Tender	\$3.99

## Sunday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Santa Maria Roast Salmon	\$4.99
	Herb Roasted Carrots	\$1.59
	Roasted Sweet Potatoes	\$1.59
	Steamed Fresh Broccoli	\$1.59
	Whole Kernel Corn	\$1.09

Vegan    Vegetarian    Mindful