



# 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 December 31

## Monday

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

## Tuesday

Entree:	Herb Roasted Porkloin	\$2.99
	Meatloaf	\$2.99
	Mashed Potatoes	\$1.49
	Blackeyed Peas	\$1.49
	Greens	\$.99
	Carrots	\$1.49

## Wednesday

Entree:	Chicken Parmesan	\$3.99
	Meat Lasagna	\$3.99
	Steamed Fresh Carrots 🍌🍌	\$1.49
	Garlic Roast Green Beans 🍌🍌	\$1.49
	Roasted Fingerling Potatoes 🍌🍌	\$1.49

## Thursday

Entree:	Pot-Roast w/ Veggies	\$3.99
	Buttermilk Fried Chicken	\$2.99/3.99
	New Potatoes with Garlic 🍌🍌	\$1.49
	Baked Sweet Potato 🍌🍌	\$1.49
	Green Bean Casserole 🍌	\$1.49
	Greens	\$.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
	Green Beans 🍌🍌	\$.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	\$2.99/3.99
	Mashed Potato 🍌	\$1.49
	BBQ Baked Beans 🍌	\$1.49
	Baked Macaroni & Cheese 🍌	\$1.49
	Greens	\$.99

🍌 Vegan    🍌 Vegetarian    🍌 Mindful