



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 May 27

Monday

Entree:	Hamburger on a Bun	\$2.99
	Hotdog	\$.99
	Corn on the Cobb	\$1.59
	Baked Beans	\$1.59
	Hashbrown Casserole	\$1.59
	Green Beans	\$1.09

Tuesday

Entree:	Provençal Roasted Chicken	\$3.99
	Stuffed Peppers	\$3.29
	Country Mashed Potatoes V	\$1.59
	Fresh Sugar Snap Peas VG M	\$1.59
	Greens	\$1.09
	Whole Kernel Corn V M	\$1.09

Wednesday

Entree:	Chicken Adobado	\$3.99
	BBQ Teriyaki Pork Loin & Crispy Onions	\$3.99
	Baja Roasted Vegetables VG M	\$1.59
	Bandito Beans VG M	\$1.59
	Spanish Rice VG M	\$1.59
Special:	Black & Bleu Salad	\$5.59

Thursday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Home-Style Meatloaf	\$3.99
	Fried Cabbage	\$1.59
	Baked Yellow Squash & Cheese V	\$1.59
	Herb Mashed Yukon Gold Potatoes VG M	\$1.59
	Crispy Chicken Parmesan Sandwich	\$5.29

Special:

Friday

Entree:	Golden Fried Catfish	\$5.99
	Crispy Baked Pork Chop	\$3.99
	Hush Puppies V	\$1.59
	Coastal Style Rice VG M	\$1.59
	Broccoli Florets VG M	\$1.59
Special:	Omelet Bar	\$3.99

Special:

Saturday

Entree:	Country Meatloaf	\$3.99
	Fresh Broccoli (Steamed) VG M	\$1.59
	Classic Grilled Chicken Breast M	\$2.79
	Crispy Chicken Tender	\$3.99
	Classic Cheeseburger (1/4 lb)	\$3.19
	Mozzarella Pizza by the Slice V M	\$3.29

Sunday

Entree:	Buttermilk Fried Chicken	\$2.99/3.99
	Salisbury Steak	\$3.99
	Fried Cabbage	\$1.59
	Baja Roasted Vegetables VG M	\$1.59
	Parmesan Crusted Cauliflower V	\$1.59
	Mashed Potatoes V	\$1.59

VG Vegan

V Vegetarian

M Mindful