



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 9

Monday

Entree:	Chicken Spaghetti	\$2.99
	Farmer's Salisbury Steak	\$2.99
	Mashed Potatoes	\$1.49
	Baked Sweet Potato	\$1.49
	Succotash	\$.99
Special:	Turkey Melt	\$4.99

Tuesday

Entree:	Southwestern Grilled Chicken Breast	\$3.29
	Sliced Buffet Ham	\$2.99
	Sweet Potato Casserole	\$1.49
	Chopped Spinach	\$1.49
	Whole Kernel Corn	\$.99
Special:	Wing Bar	\$.45 oz

Wednesday

Entree:	Country Fried Steak with Brown Gravy	\$3.29
	Roasted Turkey Breast	\$2.99
	Savory Cornbread Stuffing	\$1.49
	Whole Kernel Corn	\$.99
	Smashed Potatoes	\$1.49
Special:	BLack & Bleu Salad	\$5.59

Thursday

Entree:	Bbq Chicken	\$3.29
	Saucy Pulled Pork	\$3.99
	Corn on the Cobb	\$.99
	Baked Beans	\$.99
	Potato Salad	\$.45 oz
	Cole Slaw	\$.45 oz

Friday

Entree:	Fried Catfish	\$4.99
	Meatloaf	\$2.99
	Smashed Potatoes	\$1.49
	Green beans	\$.99
	Hush Puppies	\$1.49
Special:	Chef 's Special	\$2.99

Saturday

Entree:	Homestyle BBQ Chicken Breast	\$3.29
	Baked Macaroni & Cheese	\$1.49
	Fresh Broccoli Florets	\$1.49
	Corn O'Brien with Peppers	\$.99

Sunday

Entree:	Buttermilk Fried Chicken	\$3.49
	Country Fried Steak with Brown Gravy	\$3.29
	Hash Brown Casserole	\$1.49
	Broccoli & Cauliflower	\$1.49
	Baked Sweet Potato	\$1.49
	Whole Kernel Corn	\$.99

Vegan Vegetarian Mindful