



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 17

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
Special:	Classic Grilled Rueben	\$5.99

Tuesday

Entree:	Kansas City BBQ Ribs	\$4.99
	General Tso's Chicken	\$3.99
	Vegetable Egg Rolls 🍌	\$1.69
	Vegetable Fried Rice 🍌🌱	\$1.49
	Steamed White Rice 🍌🌱	\$0.99
Special:	Nacho Bar	\$0.49 oz

Wednesday

Entree:	Chicken Parmesan	\$3.99
	Herb Roasted Pork Loin with Pan Gravy	\$2.99
	Steamed Fresh Carrots 🍌🌱	\$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	\$2.99/3.99
	New Potatoes with Garlic 🍌🌱	\$1.49
	Green Bean Casserole 🍌	\$1.49
	Corn O'Brien 🍌🌱	\$1.49
Special:	Chef's Special	\$2.99

Friday

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

Saturday

Entree:	Chili Orange Chicken	\$3.99
	Green Beans 🍌🌱	\$0.99
	Whole Kernel Corn 🍌🌱	\$0.99
	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
	Smokey Greens	\$0.99

🍌 Vegan 🍌 Vegetarian 🌱 Mindful