CHEROKEE NATION
ELDER NUTRITION PROGRAM

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Visit one another with love

MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
				1. BBQ Chicken Baked Beans Coleslaw, Cornbread Applesauce
4 Beans w/Ham Fried Potatoes Spinach,Cornbread Onion	5 Baked Fish Rice Quinoa Blend Steamed Broccoli Wheat Roll, Pineapple	6 Chicken Alfredo w/WG Pasta California Blend Vegetables Mandarin Oranges	7 Baked Pork Chops Rice Quinoa Green Beans,Wheat Roll Pears	8 Meatloaf, Mashed Potatoes Roasted Brussel Sprouts Whole Wheat Bread Peaches
11 Turkey & Gravy, Dressing Mixed Vegetables Cranberry sauce Wheat Roll	12 Spaghetti w/Meat Sauce Garden Salad Wheat Garlic Bread Pears	13 Baked Chicken Breast Brown Rice Steamed Broccoli Wheat Roll, Apple	14 Tuna Noodle Casserole Peas Green Beans Sugar Free Jello	15 Ham, Steamed Broccoli Sweet Potatoes Wheat Bread Mixed Fruit
18 Chicken Fajita Bowl Riced Cauliflower Black Beans, Wheat Tortilla Pineapple	19 Salisbury Steak Mashed Potatoes Green Beans, Wheat Bread Applesauce	20 Baked Fish Rice Pilaf Carrots Orange	21 Bean Soup Roasted Squash Cornbread Mixed Berries	22 Chicken Tortilla Soup Whole Grain Crackers Garden Salad Peaches
25 CLOSED for Memorial Day	26 Baked Pork Chops Corn Muffin Spinach Baked Cnnamon Apple	27 Vegetable Lasagna Garden Salad Garlic Bread Pineapple	28 Roast Turkey Sweet Potatoes Green Beans, Wheat Roll Cranberry Sauce	29 Grilled Chicken Wrap Whole Wheat Tortilla Lettuce, Tomato, Carrots Apple Slices