CHEROKEE NATION
ELDER NUTRITION PROGRAM

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Visit one another with love

NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Potato soup Winter mix veggies Crackers, grapes	3 Cheeseburger wheat bun Lettuce, tomatoes, sweet Potato fries, pineapples	4 Chicken Alfredo w/wheat pasta, California blend Veggies, Mandarin oranges	5 Baked pork chop Seasoned cabbage, Sliced bread, cake	6 Turkey & cheese W/wheat bread, lettuce, Carrots, peaches
9 Ham & cheese wrap, wheat Tortilla, lettuce, tomato, fresh broccoli, pears	10 Chicken fried chicken Mashed potatoes, broccoli Wheat roll, sliced apples	11 CLOSED FOR HOLIDAY	12 Potato crisp fish Potato wedges, coleslaw Sugar free Jell-O	13 Chicken Fajitas, Spanish rice, black beans, wheat tortilla Peaches w/cottage cheese
16 Spaghetti w/meat sauce Green beans, garlic toast Sugar free Jell-O	17 White beans w/ham Cabbage, Cornbread Cookie	18 Turkey, dressing, mashed potato, gravy, green beans, Pie	19 Scrambled eggs, oatmeal, Grilled ham, wheat toast Tropical fruit	20 Hamburger stew Cornbread/ crackers Cake
23 Chicken salad w/whole wheat bread, lettuce, tomato, baked chips, pears	24 Stuffed bell pepper Garlic toast, corn Oranges	25 Cook's Choice	26 CLOSED DUE TO HOLIDAY	27 CLOSED DUE TO HOLIDAY
30 Goulash Diced potatoes, bread Pears				