

CHEROKEE NATION ELDER NUTRITION PROGRAM

SGUGʼAVPʼᎠ
Visit one another with love

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Chicken Thighs Sweet potato fries Applesauce cake	2 Spaghetti w/meat sauce Salad Garlic toast Peaches
5 Baked ham Mac & cheese Steamed broccoli Wheat roll Peaches	6 Beef tips & gravy Rice Mixed vegetables Cookie	7 Chili Baked potato Cornbread Shredded cheese Sugar- Free Jell-O	8 Grilled chicken breast Fried rice Green beans Peaches	9 Tuna salad sandwich w/wheat bread, lettuce, tomato, cucumbers Baked chips Mixed fruit
12 CLOSED INDIGENOUS PEOPLE DAY	13 Chicken Alfredo California blend Garlic bread Mandarin oranges	14 Indian Taco w/ fixings Pears	15 Eggs Biscuit & gravy Sausage Creamy grapes	16 BBQ pulled pork sandwich Coleslaw Baked beans Cantaloupe
19 Potato/Onion Stew Roasted Carrots Biscuit Oranges	20 Lasagna Corn Salad Garlic Toast Cookie	21 Pinto Beans (Fresh) w/diced ham Cornbread Spinach Fruit	22 Goulash Scalloped potato Sliced bread Apple slices	23 Turkey & cheese wrap Lettuce, tomato Pasta salad Grapes
26 COOK'S CHOICE	27 Meatloaf Mashed potato Green beans Wheat roll Applesauce	28 Broccoli & cheese soup Turkey sandwich BIRTHDAY CAKE	29 Cheeseburger wg bun Lettuce, tomato Sun Chips Apple Crisp	30 Taco Soup Tortilla chips, shredded cheese, green onions Pineapples

