CHEROKEE NATION
ELDER NUTRITION PROGRAM

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Visit one another with love

April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Baked Chicken Brown Rice Green Beans, Wheat Roll Peaches	2. Beef & Turkey Meatloaf Mashed Potatoes, Spinach Whole Grain Bread Applesauce	3. Closed for Good Friday
6 Baked Fish Seasoned Cabbage Mac & Cheese Mixed Fruit	7 Turkey & Gravy Sweet Potatoes Roasted Brussel Sprouts Wheat Roll, Pears	8 Chicken w/ WG Spaghetti Steamed Broccoli Garden Salad Mandarin Oranges	9 Baked Pork Chop Sweet Potatoes Green Beans, Wheat Roll Pears	10 Indian Tacos Seasoned Beef, Beans Lettuce, Tomato, Lettuce Onion, Cheese
13 Three Sister Stew Cheese Stick Whole Grain Crackers Mandarin Oranges	14 BBQ Pulled Pork Baked Beans Coleslaw, Wheat Bun Apple Slices	15 Tuna Salad Sandwich Wheat Bread,Lettuce, Tomatoes,Cottage Cheese Pineapples	16 Taco Bowl w/Ground Turkey Beans, Brown Rice, Salsa Lettuce, Tomato Oatmeal Cookie	17 Baked Fish Rice Pilaf Mixed Vegetables Pineapple
20 Salisbury Steak Mashed Potatoes Green Beans, Wheat Bread Peaches	21 Chicken Stir- Fry w/Egg Quinoa Rice Blend Mandarin oranges	22 Chicken & Vegetable Stew Cornbread Garden Salad Mixed Fruit	23 Chicken Pot Pie Broccoli Wheat Roll Pears	24 Roast Turkey Rice Cauliflower Glazed Carrots, Wheat Roll Applesauce
27 Beef Stew w/Vegetables Cornbread Garden Salad Peaches	28 Chicken Fried Steak Mashed Potatoes Green Beans, Wheat Roll Mixed Fruit	29 Salmon Patty Creamed Corn Spinach Banana	30 Bison Chili Cornbread Coleslaw Baked Cinnamon Apple	