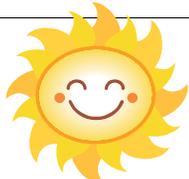


NBCC Lunch Program - AUGUST 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Don't forget to sign up in advance for the End of Summer Picnic Reservations Required</p> 			<p>Lunch is Served at 12:00pm M/T/W/F</p>	<p>1 Orange Glazed Fish Rice Pilaf Asparagus Dinner Roll Oranges</p>
<p>4 STEAK RANCHERO Refried Beans Red Rice Corn Tortilla Applesauce</p>	<p>5 SMOKED TURKEY WRAP Mediterranean Pasta Salad Mixed Berries</p>	<p>6 VEGETABLE SOUP Ham Croissant Apple</p> 	<p>NO Lunch Served on Thursdays</p>	<p>8 Taco Salad Banana Chocolate Pudding Apple Juice</p>
<p>11 SPANISH PORK CHOP Rice Caesar Salad Roll Tangerine</p>	<p>12 FISH & CHIPS Steak Fries Coleslaw Banana & Jello Cup</p>	<p>13 MINESTRONE SOUP Egg Salad Sandwich Green Salad Mixed Berries</p> 	<p>LUNCH FEES 60+; \$3.00 <i>suggested donation</i> Under 60; \$6.00</p>	<p>15 Chicken Fajita Spanish Rice Whole Pinto Beans Ice Cream Peaches</p>
<p>18 ZARANDEADO FISH Potato Salad Broccoli Flour Tortilla Baked Apple</p>	<p>19 BBQ Chicken Macaroni Salad Baby Carrots Roll Melon</p>	<p>20 END OF SUMMER PICNIC 11:30am-1:00pm Surprise Menu Reservations Required</p> 	 	<p>23 Salmon Filet Green Salad Wild Rice Broccoli Wheat Roll & Peaches</p>
<p>26 SPANISH CHICKEN SALAD Rice Soup Chips & Salsa Strawberry Jell-o</p>	<p>27 DILL FISH Pasta Salad Sugar Cookie Mandarin Orange</p>	<p>28 Beef Stew Biscuit Green Salad Peaches Orange Juice</p>		<p>30 HUNGARIAN GOLASH /over Flat Noodles Broccoli Strawberry Short Cake</p>

For information please call 425-452-7681. North Bellevue Community Center 4063-148th Ave NE, Bellevue, WA 98007.

Nutrition analysis includes 1% milk. (Butter is optional and increases the fat content of the menu.) This Menu is subject to change.
Consuming raw or undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.