

# NBCC Lunch Program - JULY 2014

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <b>Crab Cakes</b> Red Potatoes Mixed Vegetables Mixed Fruit Cookie	<b>2</b> <b>Beef Chili Colorado</b> Spanish Rice Black Bean Salsa Chips Mixed Fruit	NBCC will be closed on 7/4 to observe Independence Day	<b>NBCC CLOSED</b> 
<b>7</b> <b>Chicken Mole</b> Jasmine Rice Spinach & Mandarin Orange Vanilla Pudding	<b>8</b> <b>Spanish Fish</b> Rice & Corn Mexican Coleslaw Roll Oatmeal Cookie Sherbet	<b>9</b> <b>Cream of Mushroom Soup</b> Chicken Salad Sandwich Mandarin Oranges Apple Crisp	<b>NO Lunch Served on Thursdays</b>	<b>11</b> <b>Beef Lasagna</b> Green Beans Salad Garlic Bread Plum & Brownie
<b>14</b> <b>Chipotle Meatballs</b> Rice Vegetables Roll & Fruit	<b>15</b> <b>Fish Taco</b> Rice Flour Tortilla Black Bean Salsa Chips Tropical Fruit	<b>16</b> <b>Beef Barley Soup</b> Caesar Salad Melon Ginger Snaps	<b>LUNCH FEES</b> <i>60+; \$3.00 Suggested Donation</i> Under 60; \$6.00	<b>18</b> <b>Chicken Parmesan</b> Angel Hair Pasta Italian Green Beans Breadstick Lemon Bar & Juice
<b>21</b> <b>Lime Fish</b> Rice & Corn Tomato & Zucchini Salad Tortilla Pineapple/Coconut	<b>22</b> <b>Chicken Teriyaki</b> Rice Asian Vegetables Pears Fortune Cookie	<b>23</b> <b>Tomato Soup</b> Tuna Salad Sandwich Green Salad Melon	<b>Lunch is Served at 12:00pm M/T/W/F</b>	<b>25</b> <b>Sloppy Joe</b> Tomato & Cucumber Salad Green Peas Apricots Brownie
<b>28</b> <b>Spanish Pork Chop</b> Rice Caesar Salad Roll Tangerine	<b>29</b> <b>Meatloaf</b> Mashed Potatoes Sliced Carrots Wheat Roll Pears Apple Juice	<b>30</b> <b>Pork Tenderloin Bake</b> Mashed Potatoes Baby Carrots Wheat Roll Kiwi Oatmeal Raisin Cookie	Please join us for the End of Summer Picnic, Wednesday, August 20th. <b>RESERVATIONS REQUIRED</b> (See reverse for details)	

**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.