

# March 2013 Lunch Program

Mon	Tue	Wed	Thu	Fri
			<b>No Lunch Served on Thursday's</b>	<b>1 Meatloaf</b> Mashed Potatoes/Gravy Brussels Sprouts, Plums, Roll
<b>4 Chicken Empanadas</b> Chicken Soup Spanish Rice Fruit	<b>5 Baked Fish</b> Scalloped Potatoes, Peas Carrot Raisin Salad Tropical Fruit & Roll	<b>6 Minestrone Soup</b> Egg Salad Sandwich Green Salad Berries	<b>Lunch Served at Noon</b>	<b>8 Pork Roast</b> Baked Potato, Broccoli Cranberry Chutney
<b>11 Super Nachos</b> Vegetable Soup Fruit	<b>12 Spaghetti</b> Beans, Garlic Bread Caesar Salad Fruit Cocktail	<b>13 St. Patrick's Day Luncheon, 11:30a-1p (pre-registration required)</b> Corned Beef, Baby Carrots Mashed Red Potatoes Spice Cake	<b><u>Lunch Fees:</u></b> <b>60+; \$3.00</b> Suggested Donation <b>Under 60; \$6.00</b>	<b>15 Potato Soup</b> Side Salad, Cornbread Apple Cranberry Salad
<b>18 Mexican Chili</b> Cornbread Green Salad Fruit	<b>19 Dijon Chicken</b> Garlic Mashed Potatoes Baby Carrots, Roll Peach Crisp	<b>20 Vegetable Soup</b> Tuna Melt Fruit Medley, Coleslaw Brownie		<b>22 Chicken &amp; Dumplings</b> Mixed Vegetables, Salad Ambrosia Fruit Salad Cookie
<b>25 Beef Barbacoa Burrito</b> Refried Beans Spanish Rice Carrot Pineapple Salad	<b>26 Kielbasa</b> Roasted Red Potatoes Steamed Cabbage Tropical Fruit, Roll	<b>27 Crab Cakes</b> Rice Pilaf, Spinach Orange Quarters Berry Angel Food Cake		<b>29 No Lunch Today</b> due to Good Friday

**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.