

Mon	Tue	Wed	Thu	Fri
	1 Beef Ravioli Italian Green Beans Salad Pears Spice Cake	2 Split Pea Soup Ham Sandwich Tomatoes Banana	No Lunch Served on Thursday's	4 Baked Chicken & Apple Brussels Sprouts Wheat Roll Pears
7 Chili Colorado Refried Beans Baked Zucchini Flour Tortilla, Apple	8 Kielbasa & Sauerkraut Red Potatoes Roll Carrot Cake	9 Turkey Noodle Soup Green Salad Bread Sticks Fruit	LUNCH FEES: 60+, \$3.00 Suggested Donation Under 60, \$6.00	11 Stuffed Bell Pepper Wheat Roll Apple Wedges
14 Chicken Pipian Mexican Rice Jicama Salad Corn Tortilla Tangerine	15 Eggplant Parmesan Green Salad Raspberries Ice Cream	16 Meatball Soup Cobb Salad Dinner Roll Plums Lemon Cake	LUNCH SERVED AT NOON	18 Cabbage Casserole Scandinavian Vegies Bread Sticks Fruit Cocktail
21 Sincronizadas DeQueso Consome De Pollo Spinach Salad Strawberries	22 Turkey Meatloaf w/Gravy Whipped Potatoes Broccoli, Roll Strawberry Shortcake	23 Tuna Casserole Green Beans Garlic Bread Carrot Raisin Salad Mandarin Oranges		25 Fried Chicken Mashed Potatoes Green Beans Whole Wheat Roll Fruit
28 Salsa Fish Steamed Rice Vegetable Blend Corn Tortilla Melon	29 Chili Baked Potato Cornbread Fruit Salad	30 Pre-Register for the Halloween Luncheon & Costume Contest! Spooky Surprise Menu w/Dreadfully Delicious Dessert	Sign-up at the front desk by 10/21 for the Halloween Luncheon & Costume Contest! Preregistration is required.	

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.