NBCC LUNCH MENU September 2011

Monday	Tuesday	Wed	Thu	Fri
				2 Chicken Fettuccini Vegetable Blend Bread stick Melon Medley Cal:518 Sod:712 mg
5 Closed For Labor Day	6 Salmon Patty Wild Rice, Broccoli Wheat Roll, Peaches Cookie Cal:485 Sod:890 mg	7 Bean Soup Spinach Bacon Salad Roll Baked Fruit Cal:684 Sod:693 mg	Lunch Served at Noon No Lunch Served on Thursdays **Lunch Fees:** **60+:** $3 Suggested Donation **Under 60:** $5.75 fee	9 Beef Stew Biscuit Vegetables Applesauce Cal:885 Sod:585 mg
12 Chicken Enchilada Pinto Beans Peas & Carrots Tropical Fruit	13 Spiral Noodles &Ham Broccoli Whole Wheat Roll Apricots	14 Vegetable Soup Roast Beef Sandwich Mixed Fruit Cal:570 Sod:955 mg		16 Ivar's Clam Chowder Green Salad Bread Stick Berries w/ Topping Cal:635 Sod:997 mg
19 Chicken Burrito Bake Spanish Rice Jicama Salad Plums Cal:609 Sod:541 mg	20 Salisbury Steak Mashed Potato & Gravy Sliced Carrots Tropical Fruit	21 Turkey Noodle Soup Pineapple/Carrot Slaw Orange Peanut Butter Cookie		23 Fish Florentine Roasted Potato Zucchini Roll, Fruit Crisp Cal:686 Sod:819 mg
26 Mexican Pizza Green Salad Chicken Soup Pineapple Cake	27 BBQ Chicken Potato Salad, Baked Beans, Corn Cobbett & Juice Cal:843 Sod:1420 mg	28 Lentil Soup Ham Sandwich Grapes		30 Polish Hot Dog Apple Coleslaw Mandarin Oranges Cal:524 Sod:925 mg

North Bellevue Community Center 4063 148 Avenue NE, Bellevue, 98007 www.bellevuewa.gov For information call (425) 452-7681.

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.