

Mon

Tue

Wed

Thu

Fri



September

**No Lunch
Served on
Thursday's**



**Closed for the
Labor Day
Holiday**

**4 Baked Chicken w/ Apple
Creamy Zucchini Linguini
Applesauce, Wheat Roll
Cal: 706 Sod: 768**

**5 Potato Soup w/ Ham
Side Salad, Cornbread
Apple Cranberry Salad
Cal: 694 Sod: 768**

**Lunch Fees:
60+; \$3.00
Suggested Donation
Under 60; \$5.75**

**7 Spaghetti
Garlic Bread, Salad
Green Beans
Fruit Cocktail
Cal: 792 Sod: 542**

**10 Fish Taco
Tortilla Soup
Jasmine Rice
Tropical Fruit**

**11 Hamburger
Baked Beans
Potato Salad, Watermelon
Vanilla Ice cream
Cal: 714 Sod: 723**

**12 Minestrone Soup
Egg Salad Sandwich
Green Salad
Mixed Berries
Cal: 763 Sod: 770**

**Lunch served
at Noon**

**14 Fish & Chips
Steak Fries, Coleslaw
Cornbread, Banana
Jello
Cal: 722 Sod: 799**

**17 Hispanic Beef Stew
Espaguetis A La Crema
Broccoli
Peaches**

**18 Macaroni & Cheese
Fruit Cocktail
Brussel Sprouts, Wheat Roll
Cookie
Cal: 698 Sod: 761**

**19 Beef Barley Soup
Roast Beef Sandwich
Green Salad
Cantaloupe Chunks
Cal: 667 Sod: 709**

**21 Swedish Meatballs
Mashed Potato's
Peas, Salad
Roll, Apricots
Cal: 683 Sod: 780**

**24 Garden Tuna
Potato Salad
Chips & Salsa
Ice Cream w/ Berries**

**25 Pork Roast
Baked Potato, Roll
Cranberry Chutney
Broccoli Spears
Cal: 724 Sod: 498**

**26 Tortilla Soup
Garden Salad
Biscuit
Banana
Cal: 688 Sod: 776**

**28 Fried Chicken
Mashed Potato's
Gravy, Corn
Mixed Fruit, Biscuit
Cal: 787 Sod: 465**

For information please call 425-452-7681. North Bellevue Community Center 4063 148 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 under-cooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.