NBCC Lunch Menu August 2012

Mon	Tue	Wed	Thu	Fri
		1 Lemon Pepper Cod Scalloped Potatoes Brussels Sprouts, Jell-o Tropical Fruit, Bread **Cal: 692 Sod: 580**	***No Lunch Served on Thursday's***	**3 BBQ Pork** Brown Rice Riviera Vegetables Mango & Pineapple **Cal: 782 Sod: 747**
6 Beef Barbacoa Burrito Refried Beans Spanish Rice Pineapple Carrot Salad **Cal: 650 Sod: 733**	**7 Mesquite Chicken** Roasted Potatoes Broccoli Wheat Roll, Strawberries **Cal: 697 Sod: 662**	**8 Turkey Noodle Soup** Turkey Sandwich Tomato Mushroom Salad Pears **Cal: 730 Sod: 737**	**Lunch Fees:** **60+;** $3.00 Suggested Donation **Under 60;** $5.75	**10 Chili Con Carne** Green Salad Cornbread, Oranges Lemon Pudding **Cal: 652 Sod: 741**
13 Enchilada Suiza Garden Rice Zucchini Salad Chips, Strawberries & Cream	**14 Lime Fish** Creamy Zucchini Linguini Dinner Roll Rhubarb Crisp **Cal: 802 Sod: 532**	**15 Chicken Gumbo** Rice Garden Salad Dinner Roll, Oranges **Cal: 636 Sod: 685**	**Lunch served at Noon** 	**17 Strawberry Crepes** O'Brien Potatoes Sausage Melon Chunks **Cal: 798 Sod: 689**
20 Zarandeado Fish White Rice Flour Tortilla, Fruit Cucumber & Tomato Salad	**21 Baked Ham** Sweet Potatoes Green Beans, Dinner Roll Mandarin Oranges **Cal: 732 Sod: 480**	**22 Meatball Soup** Cobb Salad Dinner Roll Plums, Lemon Cake **Cal: 799 Sod: 766**		**24 Chef Salad** Cottage Cheese Breadstick Strawberries & Blueberries **Cal: 729 Sod: 734**
27 Mexican Meatloaf Mashed Potatoes Green Salad Dinner Roll, Fruit	**28 Honey Mustard Chicken** Garlic Mashed Potatoes Baby Carrots, Wheat Roll Raspberry Peach Crumble **Cal: 731 Sod: 735**	**29 Beef Tips** Brown Rice Spinach, Cornbread Fruit **Cal: 695 Sod: 721**		**31 Pork Curry** Rice Broccoli, Applesauce Oatmeal Raisin Cookie **Cal: 688 Sod: 277**

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 undercooked eggs, meat, seafood, and un-pasteurized milk and juices may increase your risk of food borne illness.