

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3 Mexican Chili</b> Green Salad Corn Bread Tropical Fruit	<b>4 Baked Ham</b> Yams Tossed Salad Pears Cal: 528 Sod: 1472	<b>5 Meatball Soup</b> Cobb Salad Roll Cake w/ Banana	<p><b>No Lunch Served on Thursdays</b></p>  <p><i>Fall</i></p>  <p><b>Lunch Fees:</b>  <b>60+: \$3 Suggested Donation</b>   <b>Under 60: \$5.75 fee</b></p> <p><b>Lunch Served at Noon</b></p>	<b>7 Beef Stir Fry</b> Fried Rice Peaches Fortune Cookie Cal: 778 Sod:1979
<b>10 Pollo Fricaze</b> Rice Cucumber Salad Roll	<b>11 Roast Beef</b> Roasted Potato Spinach Tropical Fruit	<b>12 Split Pea Soup</b> Turkey Sandwich Tomato Slices Grapes		<b>14 BBQ Pork Sandwich</b> Baked Beans Apple Coleslaw
<b>17 Lime Fish</b> Steamed Rice Vegetable Blend Pineapple & Coconut	<b>18 Fish Sandwich</b> Spinach Salad Chips & Salsa Pudding	<b>19 Beef Barley Soup</b> Caesar Salad Peaches Oatmeal Raisin Cookie		<b>21 Pineapple Chicken</b> Rice Carrots Fruit
<b>24 Cochinita Pivil</b> Lentil Soup Refried Beans Corn Tortilla Applesauce	<b>25 Chicken Parmesan</b> Garlic Mashed Potato Tossed Salad Bread, Pears	<b>26 Broccoli Cheese Soup</b> Egg Salad Sandwich Sponge Cake Strawberries		<b>28 Crab Cakes</b> Red Potato Vegetable Blend Mixed Fruit Chocolate Chip Cookie
<b>31 Halloween Luncheon</b> Spanish Beef, Rice, Soup Refried Beans Tortilla Grapes	<p><b>Join Us for Our Halloween Luncheon!</b>  <b>Monday, October 31, 2011 11:30 am - 1 pm</b>  <b>COSTUME CONTEST! BINGO!</b>  <b>PRIZES!! FUN!!</b>  <b>Pre-Register - Pay at the door, Course #59596</b></p>			

**For information, call 425-452-7681. North Bellevue Community Center, 4063 148 Avenue 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.