

NBCC Lunch Program

November 2012

Mon	Tue	Wed	Thu	Fri
		Lunch served at Noon	No Lunch Served on Thursday's	2 Lemon Pepper Cod Scalloped Potatoes Brussl Sprouts, Bread Tropical Fruit, Jello Cal: 692 Sod: 580
5 Chicken Empanadas Chicken Soup Spanish Rice, Fruit Fruit	6 Beef Barbacoa Burrito Refried Beans Spanish Rice Pineapple Carrot Salad Cal: 650 Sod: 733	7 Meatball Soup Cobb Salad Dinner Roll Plums, Lemon Cake Cal: 799 Sod: 766	<u>Lunch Fees:</u> 60+; \$3.00 Suggested Donation Under 60; \$6.00	9 Fettuccini Alfredo Vegetable Blend Breadstick Apricots Cal: 798 Sod: 689
12 Chipotle Meatballs Rice Vegetable Blend Roll, Fruit	13 Clam Chowder Green Salad Breadstick Spongecake w/ Berries Cal: 677 Sod: 764	14 Baked Ham Sweet Potatoes Green Beans, Roll, Mandarin Oranges, Pie	Thanksgiving Luncheon November 14 Pre-registration re- quired by Nov. 6	16 Beef Macaroni Sweet Corn Wheat Roll, Apricots Chocolate Pudding Cal: 706 Sod: 726
19 Pork en Salsa de Verde Tortilla Garbanzo Bean Soup Fruit	20 Turkey Roast Mashed Potatoes, Roll Green Beans, Cranberry Pumpkin Pie	21 Beef Stew Biscuit Green Salad Banana Cal: 628 Sod: 621	Closed for Thanksgiving Holiday	Closed for Thanksgiving Holiday
26 Mexican Chili Cornbread Green Salad, Fruit	27 Lime Fish Zucchini Linguini Dinner Roll Rhubarb Crisp Cal: 802 Sod: 532	28 Vegetable Soup Tuna Melt Fruit Medley Brownie Cal: 925 Sod: 682		30 BBQ Chicken Macaroni Salad Broccoli, Roll Apple slices

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.