



NBCC Lunch Program - NOVEMBER 2015

Monday	Tuesday	Wednesday	No Lunch Thursday's	Friday
2 CHEESE QUESADILLA Chicken Soup Green Salad Banana	3 MEATLOAF Mashed Potatoes Sliced Carrots Wheat Roll Pears Apple Juice	4 BEEF CHILI COLORADO Spanish Rice Black Bean Salsa Chips Mixed Fruit	Lunch served at Noon	6 CHICKEN GUMBO Salad Roll Peaches
9 PORK MEXICAN ZUCCHINI Spanish Rice Corn & Carrots Flour Tortilla Tropical Fruit	10 CREAM OF MUSHROOM SOUP Chicken Salad Sandwich Mandarin Oranges Apple Crisp	11 	*Lunch Fees: 60+; \$3.00 Suggested Donation Under 60; \$6.00 <i>* Special Event Lunches \$4/payable at the door</i>	13 OVEN FRIED CHICKEN Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll Peaches
16 CILANTRO LIME FISH Rice & Corn Baked Zucchini & Tomato Ice Cream Fig Newton	17 CRAB CAKES Red Potatoes Mixed Vegetables Mixed Fruit Cookie	18 TRADITIONAL TURKEY DINNER Mashed Potatoes & Gravy Cranberry Sauce Green Beans Roll Pumpkin Pie Reservations Required	<i>No Lunch Served on Thursday's</i>	20 PORK TENDERLOIN BAKE Mashed Potatoes Baby Carrots Wheat Roll Kiwi Oatmeal Raisin Cookie
23 CHIPOTLE MEATBALLS Rice Broccoli Apple	24 SPAHGETTI w/CHICKEN & BROCCOLI Pea Salad Breadstick Berries & Whipped Topping	25 BEEF BARLEY SOUP Caesar Salad Melon Ginger Snaps	26 CLOSED for THANKSGIVING HOLIDAY	27 CLOSED for Day After THANKSGIVING HOLIDAY
30 SALSA FISH Brown Rice Vegetables Corn Tortilla Pears Oatmeal Cookie				

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.