

NBCC Lunch Program—January 2017

Monday	Tuesday	Wednesday	No Lunch on Thursday	Friday
<p>2 Closed in observance of New Year's Holiday</p> 	<p>3 LENTIL SOUP Ham Sandwich Cantaloupe</p>	<p>4 CHEF SALAD Breadsticks Peaches Apple Juice Orange Sherbet</p>		<p>6 BAKED COD Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit & Roll</p>
<p>9 SURPRISE LATINO MENU</p>	<p>10 TURKEY POT PIE Mixed Vegetables Apricots Wheat Roll Pineapple-Orange Juice</p>	<p>11 MEATBALL SOUP Chicken Salad Roll Plum</p>	<p>No Lunch Served on Thursday's</p>	<p>13 LIME FISH Salad Zucchini Linguini Breadstick Strawberry Rhubarb Crisp</p>
<p>16 CLOSED for MLK Holiday</p> 	<p>17 BBQ PORK SANDWICH Green Beans Apple Slaw Oatmeal Raisin Cookie Apricot Nectar</p>	<p>18 WILD RICE SOUP Chicken Santa Fe Salad Saltines Berries & Whip Topping</p>	<p>Lunch Served at Noon</p>	<p>20 CHICKEN FRIED RICE Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange</p>
<p>23 SURPRISE LATINO MENU</p>	<p>24 CHICKEN NOODLE SOUP Ham Sandwich Oyster Crackers Berries & Whip Topping</p>	<p>25 AMANDINE FISH White Potatoes Broccoli Wheat Roll Chocolate Pudding</p>	<p>Lunch Fees: 60+ \$3.00 <i>Suggested Donation</i> Under 60; \$6.00</p>	<p>27 BEEF STIR FRY Rice Asian Vegetables Fortune Cookie Peaches</p>



The NBCC will be closed for maintenance Monday, 1/30 thru Sunday, 2/12

The Coffee Bar & Kitchen will remain closed and there will be no meal service until Monday, 3/6/17



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.

Nutrition Information

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Closed in observance of New Year's Holiday</p> 	<p>3 LENTIL SOUP Calories = 640 Carbs = 94 Sodium = 1070</p>	<p>4 CHEF SALAD Calories = 690 Carbs = 85 Sodium = 1280</p>		<p>6 BAKED COD Calories = 770 Carbs = 106 Sodium = 960</p>
<p>9 SURPRISE LATINO MENU</p>	<p>10 TURKEY POT PIE Calories = 680 Carbs = 104 Sodium = 920</p>	<p>11 MEATBALL SOUP Calories = 720 Carbs = 57 Sodium = 1070</p>		<p>13 LIME FISH Calories = 730 Carbs = 102 Sodium = 680</p>
<p>16 CLOSED for MLK Holiday</p> 	<p>17 BBQ PORK SANDWICH Calories = 900 Carbs = 106 Sodium = 1030</p>	<p>18 WILD RICE SOUP Calories = 660 Carbs = 60 Sodium = 1150</p>		<p>20 CHICKEN FRIED RICE Calories = 670 Carbs = 85 Sodium = 970</p>
<p>23 SURPRISE LATINO MENU</p>	<p>24 CHICKEN NOODLE SOUP Calories = 670 Carbs = 75 Sodium = 1160</p>	<p>25 AMANDINE FISH Calories = 660 Carbs = 85 Sodium = 720</p>		<p>27 BEEF STIR FRY Calories = 690 Carbs = 77 Sodium = 1010</p>



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