

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Burrito Refried Beans Grilled Vegetables Corn Chips Pears	2 BBQ Pork Brown Rice, Riviera Blend Vegetables Mango & Pineapple Roll Cal:700 Sod:991 mg	3 Meatball Soup Cobb Salad Roll Cake w/ Banana Cal: 575 Sod:772 mg	<div style="border: 2px solid blue; padding: 10px; text-align: center;"> <p>No Lunch Served On Thursdays</p> <p>Lunch served at Noon</p> <p>No Reservations</p> <p>Lunch served on a first come, first served basis</p> <p>Lunch Fees: 60+: \$3 Suggested Donation Under 60: \$5.75 fee</p> </div>	5 Lime Fish Creamy Zucchini Linguine Roll Peaches Cal: 554 Sod:440 mg
8 Tuna Tostada Potato Salad Carrots Celery Sticks Gelatin w/ Strawberry	9 Chicken Strips Tater Tots Italian Green Beans Peaches, Roll Cal: 810 Sod:1358 mg	10 Vegetable Soup Roast Beef Sandwich Mixed Fruit Cal: 570 Sod: 955 mg		12 Chicken Burger Potato Salad Vegetable Sticks & Dip Watermelon Cal: 665 Sod:777mg
15 Beef Fajita Rice Mango Salsa Flour Tortilla Sherbet	16 Lemon Pepper Cod Scalloped Potatoes Scandinavian Vegetables Tropical Fruit Cal: 707 Sod:932 mg	17 Chicken Soup Spinach Salad, Roll Angel Food Cake with Berries Cal: 762 Sod:694 mg		19 Roast Beef Roasted Potatoes Spinach Tropical Fruit Cal: 586 Sod:403 mg
22 Pork Tatemado Rice Tortilla Vegetable Blend Berry's w/ Topping	23 Vegetable Lasagna Italian Vegetables Garlic Bread Stick Pineapple w/ Coconut Cal: 536 Sod: 978 mg	24 <u>End of Summer Picnic</u> Pre-registration Required #58161 \$3 per person		26 Seafood Salad Tomato Melt Pudding Strawberries Cal: 587 Sod: 1049
29 Chicken Mole Rice Jicama Salad Corn Tortilla Cantaloupe	30 Mesquite Chicken Roasted Red Potatoes Broccoli Cornbread, Mixed Fruit Cal: 664 Sod:424	31 Ivar's Clam Chowder Green Salad, Bread Stick Berries w/ Cream Topping Cal: 635 Sod: 997		

For information, call 425-452-7681

North Bellevue Community Center, 4063 148 Ave NE, Bellevue, WA, 98006

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.