

# NBCC Lunch Program ~ June 2016

Monday	Tuesday	Wednesday	No Lunch Thursday	Friday
<p>~ Summer begins on June 21st. ~ On June 14, 1777 The Stars &amp; Stripes was adopted by Congress as the US Flag of the United States, 6/14 is officially 'Flag Day' in the USA. ~ Pearl is the birthstone for June.</p>		<p><b>1 Split Pea Soup</b> Wheat Roll Mixed Vegetables Streusel Cake Apple</p>	<p><i>Lunch Served</i> <i>At 12:00pm/Noon</i></p>	<p><b>3 Baked Chicken &amp; Apple</b> Zucchini Linguini Broccoli Wheat Roll &amp; Applesauce</p>
<p><b>6 Beef Fajitas</b> Rice Pinto Beans Melon</p>	<p><b>7 Florentine Fish</b> Red Potatoes Zucchini in Stewed Tomatoes Roll Cherri Crisp</p>	<p><b>8 Chicken Enchilada In White Sauce</b> Tomato &amp; Cucumber Salad Pears Ice Cream</p>	<p><i>Lunch Fees</i> <i>60+ \$3.00</i> <i>(Suggested Donation)</i> <i>Under 60; \$6.00</i></p>	<p><b>10 Grilled Turkey Sandwich</b> Salad Mango &amp; Yogurt</p>
<p><b>13 Zarandeado Fish</b> Mashed Potatoes Broccoli Peaches Strawberry shortcake</p>	 <p><b>14 Swedish Meatballs</b> Egg Noodles Mixed Vegetables Apricots</p>	<p><b>15 Father's Day Luncheon</b> 11:30am-1:00pm <b>REVERSATIONS Required</b></p>	 <p><b>HAPPY FATHER'S DAY!</b></p>	<p><b>17 Black Bean Soup</b> Spinach Salad Roll Baked Apple</p>
<p><b>20 Spanish Chicken Salad</b> Rice Soup Chips &amp; Salsa Strawberry Jello w/Banana</p>	<p><b>21 Chicken Cacciatore</b> Stewed Zucchini Pears</p>	<p><b>22 Garbanzo Bean Soup</b> Meatloaf Sandwich Peaches</p>	<p><i>No Lunch Served on Thursday's</i></p>	<p><b>24 Philly Cheesesteak</b> Salad Grapes Orange Juice</p>
<p><b>27 Steak Ranchero</b> Refried Beans Red Rice Corn Tortilla Applesauce</p>	<p><b>28 Chicken &amp; Dumpling Salad</b> Vegetable Blend Tropical Fruit Salad</p>	<p><b>29 Seafood Salad</b> Tomato Melt Sandwich Chocolate Pudding Strawberries</p>	 <p><b>Summer</b></p>	

**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.

# Senior Nutrition Program

# June 2016



Mon	Tue	Wed	Thu	Fri
		<b>Shepherd's Pie</b>  Calories = 740 Carb = 89 Sodium = 550	<b>Fish Burger</b>  Calories = 720 Carb = 111 Sodium = 1200	<b>Baked Chicken &amp; Apple</b>  Calories = 650 Carb = 92 Sodium = 360
<b>Swedish Meatballs</b>  Calories = 910 Carb = 130 Sodium = 890	<b>Florentine Fish</b>  Calories = 810 Carb = 101 Sodium = 760	<b>Chicken Enchilada In White Sauce</b> Calories = 690 Carb = 63 Sodium = 1100	<b>Sweet &amp; Sour Pork</b>  Calories = 690 Carb = 114 Sodium = 670	<b>Grilled Turkey Sandwich</b>  Calories = 660 Carb = 51 Sodium = 1250
<b>Chicken, Potato &amp; Pea Salad</b>  Calories = 960 Carb = 129 Sodium = 780	<b>Ivar's Clam Chowder</b>  Calories = 680 Carb = 90 Sodium = 1250	<b>Pork Cutlet'</b>  Calories = 660 Carb = 76 Sodium = 490	<b>Beef Macaroni</b>  Calories = 870 Carb = 120 Sodium = 770	<b>Black Bean Soup</b>  Calories = 670 Carb = 85 Sodium = 990
<b>Chicken &amp; Dumpling</b>  Calories = 690 Carb = 80 Sodium = 1080	<b>Garbanzo Bean Soup</b>  Calories = 680 Carb = 82 Sodium = 1190	<b>Chicken Cacciatore</b>  Calories = 680 Carb = 99 Sodium = 650	<b>Pork BBQ Ribs</b>  Calories = 750 Carb = 75 Sodium = 1100	<b>Philly Cheesesteak</b>  Calories = 670 Carb = 80 Sodium = 820
<b>Spaghetti &amp; Meatballs</b>  Calories = 680 Carb = 68 Sodium = 1150	<b>Split Pea Soup</b>  Calories = 640 Carb = 103 Sodium = 930	<b>Seafood Salad</b>  Calories = 690 Carb = 76 Sodium = 1290	<b>Chicken Strips</b>  Calories = 760 Carb = 100 Sodium = 830	

**For reservations, call (253) 474-1200.**

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