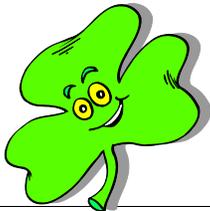


NBCC Lunch Program - March 2014

Mon	Tue	Wed	Thu	Fri
3 SPANISH PORK CHOP Rice Caesar Salad Roll Tangerine	4 CHEF'S SURPRISE 	5 FISH BURGER Spinach Salad Broccoli Orange Wedge Pudding	No Lunch Served on Thursday's	7 CHICKEN CACCIATORE Stewed Zucchini Pears
10 CHICKEN MOLE Jasmine Rice Spinach Mandarin Orange Vanilla Pudding	11 CUBAN SANDWICH Salad Black Bean Salas & Chips Strawberries & Whip Topping	12 CORNED BEEF & CABBAGE Potatoes & Carrots Irish Soda Bread Apples & Cinnamon	LUNCH SERVED at NOON	14 FLORENTINE FISH Red Potatoes Zucchini Roll Cherri Crisp
17 CHIPOTLE MEATBALLS Rice Vegetables Roll Fruit <i>Happy St. Patrick's Day</i>	18 MONTE CRISTO SANDWICH Salad Mango Yogurt	19 IVAR'S CLAM CHOWDER Salad Bread Sticks Short Cake & Berries	LUNCH FEES: 60+; \$3.00 <i>Suggested Donation</i> Under 60; \$6.00	21 CHICKEN & DUMPLINGS Salad Tropical Fruit Salad
24 VEGETABLE LASAGNA Green Beans Salad Garlic Bread Pears Brownie	25 CHEF'S SURPRISE 	26 CHICKEN ENCHILADA White Sauce Chicken Soup Tomato & Cucumber Salad Ice Cream	An Old Irish Proverb says, "Níor bhris focal maith fiacail riamh." English Meaning: <i>It doesn't hurt to pay a compliment.</i>	28 SWEDISH MEATBALLS Egg Noodles Mixed Vegetables Fruit
31 CHEF'S SURPRISE 				

For information, please call the North Bellevue Community Center at 425-452-7681; 4063 148th AV 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.



Catholic Community Services Nutrition Services

5705 Main Street SW
Lakewood WA 98499
253-474-1200



Tips to Boost Your Nutritional Health

As you make food choices to improve your nutrition, keep these healthy tips in mind:

Stick to healthy fats. Choose healthy fats found in seeds, nuts, avocados, fatty fish, and vegetable oils rather than saturated fats and trans fats.

Opt for whole grains. These fiber- and nutrient-rich foods will help your digestion and protect your heart. Choose brown rice, whole grain cereals, and whole wheat bread instead of white bread and refined grains.

“Rough up” your diet. Include a variety of high-fiber foods every day, such as raw fruits and vegetables and whole grains. These foods help cut down on constipation; provide the vitamins, minerals, fiber, and nutrients that you need for healthy aging; help maintain your weight; and reduce your risk of heart problems. If you’re not sure you’re getting enough fiber, talk to your doctor about supplements.

Pack in protein. Power your body with lean proteins like beans, eggs, chicken and fish, lean meats, and nuts.

Remember that calcium is critical. Everyone needs calcium to protect bone health, but seniors should really bone up on calcium-rich foods like low-fat dairy products. A calcium supplement, usually paired with vitamin D — its partner in bone building — can also help you get what you need.

From Everydayhealth.com

CCS Lunch meal sites are open 9am to 1:30. Lunch is served at noon.

Pierce County Name

Location

African American	1323 S. Yakima, Tacoma
Beacon	415 S.13th St., Tacoma
Buckley	811 Main St., Buckley
Eatonville	305 West Center St.
Fife	2111 54th Ave East, Fife
Gig Harbor	8502 Skansie Ave, G.H.
Japanese	14916 SW Washington
Lakewood	5705 Main St. S.W. Lakewood
Lighthouse	5016 S. A St., Tacoma
Parkland	12115 Park Ave. S., Parkland
Portland	3513 E. Portland Ave.
Puyallup	210 West Pioneer, Puyallup
Ruston	4716 N. Baltimore, Ruston
Steilacoom	2301 Worthington, Steilacoom
Sumner	15506 62nd St. East, Sumner
Tillicum	14916 SW Washington, Tillicum
University Place	2534 Grandview Dr. W., U. P.

King County Name

Location

Auburn	808 9th St SE, Auburn
Bellevue	4063 148th Ave NE, Bellevue
Black Diamond	31605 3rd Ave, Black Diamond
Des Moines	2045 S 216th St, Des Moines
Enumclaw	1350 Cole St, Enumclaw
Federal Way	876 S 333rd St, Federal Way
Issaquah	75 NE Creek Way, Issaquah
Kirkland	352 Kirkland Ave, Kirkland
Pacific	133 3rd Ave SE, Pacific
Redmond	8703 160th Ave NE, Redmond
Seatac	13735 24th Ave S, Seatac
South Park	8201 10th Ave S, Seattle



A Service of Catholic Community Services of Western Washington.