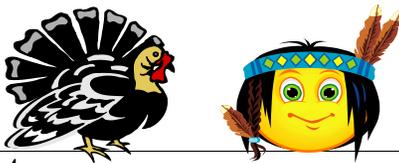


NBCC Lunch Program - NOVEMBER 2013

Mon	Tue	Wed	Thu	Fri
<p>Sign up at the Front Desk by 11/10 for the Annual Thanksgiving Luncheon. See flyer on back for more information.</p> 			<p>Lunch served at Noon</p>	<p>1 BAKED HAM Macaroni & Cheese Key West Vegetables Fruit Roll</p>
<p>4 SPANISH CHICKEN SALAD Rice Soup Chips & Salsa Strawberry Jell-O</p>	<p>5 HOLIDAY DIJON CHICKEN Baked Potato Brussels Sprouts Apricots</p>	<p>6 BEEF BARLEY SOUP Crackers Salad Pineapple Tidbits</p>	<p>Lunch Fees: 60+; \$3.00 Suggested Donation Under 60; \$6.00</p>	<p>8 BEEF STROGANOFF Capri Blend Vegetables Roll Fruit</p>
<p>11 CLOSED on 11/11 for the VETERANS DAY HOLIDAY</p> 	<p>12 VEGETABLE LASAGNA Asparagus French Bread Cherry Crisp</p>	<p>13 CHICKEN MARSALA Brown Rice Brussels Sprouts Carrot Cake</p>	<p><i>No Lunch Served on Thursday's</i></p>	<p>15 EGG ROLL & CHICKEN Rice Stir Fry Vegetables Mandarin Oranges</p>
<p>18 SPANISH PORK CHOP Chipotle Mashed Potatoes Mexi Vegetable Blend Roll Grapes</p>	<p>19 SMOKED PORK ROLL Au Gratin Potatoes Peas & Carrots Honey Wheat Roll Applesauce</p>	<p>20 TRADITIONAL TURKEY DINNER Sweet Potatoes Dressing Cranberry Sauce Green Beans Roll Pumpkin Pie</p>		<p>22 BREADED CHICKEN Tossed Salad Corn Chuck Wagon Peaches</p>
<p>25 MEXICAN ZUCCHINI with PORK Flour Tortilla Refried Beans Roll, Tropical Fruit Ice Cream</p>	<p>26 ITALIAN PORK HOAGIE Egg Salad Sandwich Macaroni Salad Applesauce</p>	<p>27 PRIMAVERA FISH Scandinavian Veges Rice Pilaf Wheat Roll Cherries</p>	<p>29 CLOSED on 11/28 & 11/29 for the THANKSGIVING HOLIDAY</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.