

Mon	Tue	Wed	Thu	Fri
	<p>Sign-up at the front desk for the Halloween Luncheon & Costume Contest!</p> <p>Space is Limited Preregistration is Required</p>	<p>1 Black Bean Soup Spinach Salad Roll Baked Apple</p>	<p>No Lunch Served on Thursday's</p>	<p>3 Grilled Turkey Sandwich Salad Mango & Yogurt</p>
<p>6 Baja Chicken Rice Fiesta Mix Veggies Cilantro Coleslaw Banana</p>	<p>7 Swedish Meatballs Egg Noodles Mixed Vegetables Apricots</p>	<p>8 Ivar's Clam Chowder Salad Bread Sticks Mixed Berries & Whipped Topping</p>	<p>LUNCH FEES: 60+, \$3.00 Suggested Donation Under 60, \$6.00</p>	<p>10 Shepherd's Pie Garden Salad Fruit Cocktail Roll</p>
<p>13 Spanish Steak Mexican Slaw Potato Soup Pistachio Pudding Flour Tortilla</p>	<p>14 Fish Burger Spinach Salad Broccoli Orange Wedge Pudding</p>	<p>15 Split Pea Soup Wheat Roll Mixed Vegetables Streusel Cake Apple</p>	<p>LUNCH SERVED AT NOON</p>	<p>17 Florentine Fish Pea Salad Garlic Bread Berries & Whipped Topping</p>
<p>20 Fish Taco Tortilla Soup Mexican Rice Berries w/Whip Topping</p>	<p>21 Chicken Cacciatore Stewed Zucchini Pears</p>	<p>22 Seafood Salad Tomato Melt Sandwich Chocolate Pudding Strawberries</p>		<p>24 Baked Chicken & Apple Zucchini Linguini Broccoli Wheat Roll Applesauce</p>
<p>27 Beef Soft Taco Spanish Rice Mexicali Veggies Mandarin Orange</p>	<p>28 Chicken, Potato & Pea Salad Carrots Wheat Roll Fruit Cocktail</p>	<p>29 Halloween Luncheon & Costume Contest! Spooky Surprise Menu W/Dreadfully Delicious Dessert PRE-REGISTRATION REQUIRED</p>		<p>31 Chicken & Dumpling Salad Vegetable Blend Tropical Fruit Salad</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.