

NBCC Lunch Program—April 2016

Monday		Tuesday		Wednesday		No Lunch on Thursday		Friday	
				<p>~ Daffodil Sunday is the 1st Sunday in April. In Victorian times families picked daffodils from their gardens and took them to local hospitals to give to the sick.</p> <p>~ On April 4, 1818, a US flag that contained 1 star for each state and 13 stripes was adopted by congress.</p> <p>~ Diamond is the birthstone for April.</p>				<p>1 Salmon Filet Green Salad Wild Rice Broccoli Peaches & Wheat Roll</p> 	
<p>4 Fish Taco Mexican Rice Cucumber & Tomato Salad Berries with Whip Topping</p>		<p>5 Smoked Turkey Wrap Mediterranean Pasta Salad Mixed Berries</p>		<p>6 Vegetable Soup Ham Croissant Apple</p>		<p>Lunch Served At 12:00pm/Noon</p>		<p>8 Pineapple Chicken Brown Rice Peas Pineapple Chunks Roll Fortune Cookie</p>	
<p>11 Beef Soft Taco Spanish Rice Mexicali veggies Apple</p>		<p>12 Sweet & Sour Meatballs Rice Broccoli Pineapple Chunks Jello Cup</p>		<p>13 BBQ Chicken Macaroni Salad Baby Carrots Roll Apple Slices</p>		<p>Lunch Fees 60+ \$3.00 (Suggested Donation) Under 60; \$6.00</p>		<p>15 Kielbasa Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit</p>	
<p>18 Pork en Salsa Verde Pinto Beans Corn Tortilla Tomato/Avocado Slices Orange</p>		<p>19 Orange Glazed Fish Rice Pilaf Asparagus Dinner Roll Oranges</p>		<p>20 Broccoli Cheese Soup Turkey Sandwich Apple Crisp Whipped Topping</p>		<p>No Lunch Served on Thursday's</p>		<p>22 Fish & Chips Steak Fries Coleslaw Banana & Jello Cup</p>	
<p>25 Chili con Carne Corn Bread Green Salad Orange</p>		<p>26 Chicken Fajita Spanish Rice Whole Pinto Beans Ice Cream Peaches</p>		<p>27 Minestrone Soup Egg Salad Sandwich Green Salad Mixed Berries</p>				<p>29 Tuna Noodle Casserole Green Beans Garlic Bread Carrot-Raisin 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.



Senior Nutrition Program

April 2016

Mon	Tue	Wed	Thu	Fri
				Salmon Filet Calories = 640 Carb = 74 Sodium = 650
Smoked Turkey Wrap Calories = 780 Carb = 105 Sodium = 1190	Vegetable Soup Calories = 750 Carb = 93 Sodium = 1130	Hungarian Goulash Calories = 740 Carb = 78 Sodium = 960	Dill Fish Calories = 740 Carb = 83 Sodium = 730	Pineapple Chicken Calories = 700 Carb = 106 Sodium = 1040
Pork Chop Calories = 710 Carb = 76 Sodium = 540	Orange Glazed Fish Calories = 780 Carb = 124 Sodium = 700	BBQ Chicken Calories = 750 Carb = 84 Sodium = 570	Beef Stew Calories = 760 Carb = 103 Sodium = 950	Kielbasa Calories = 710 Carb = 81 Sodium = 1340
Broccoli Cheese Soup Calories = 720 Carb = 84 Sodium = 990	Sweet & Sour Meatballs Calories = 900 Carb = 155 Sodium = 1090	BBQ Beef Sandwich Calories = 700 Carb = 93 Sodium = 1210	Pork Carnita Calories = 620 Carb = 101 Sodium = 920	Fish & Chips Calories = 880 Carb = 127 Sodium = 1150
Minestrone Soup Calories = 790 Carb = 104 Sodium = 710	Chicken Fajita Calories = 700 Carb = 103 Sodium = 1020	Tuna Noodle Casserole Calories = 820 Carb = 110 Sodium = 1180	Taco Salad Calories = 750 Carb = 104 Sodium = 1100	Swiss Steak Calories = 840 Carb = 97 Sodium = 910

For reservations, call (253) 474-1200.

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