

NBCC Lunch Program ~ August 2016



Monday		Tuesday		Wednesday		No Lunch Served Thursday		Friday	
1	Mexican Baked Cod Rice Black Beans Corn Tortilla Orange	2	Chicken Fajita Spanish Rice Whole Pinto Beans Ice Cream Peaches	3	Vegetable Soup Ham Croissant Apple	<p style="text-align: center;">Lunch Served at Noon</p>		5	Dill Fish Pasta Salad Sugar Cookie Mandarin Orange
8	Chicken Fajitas Pinto Beans Mexican Rice Flour Tortilla Peaches	9	Kielbasa Roasted Red Potatoes Steamed Cabbage Roll Tropical Fruit	10	Minestrone Soup Egg Salad Sandwich Green Salad Mixed Berries			<p style="text-align: center;">Lunch Fees 60+ \$3.00 <i>Suggested Donation</i> Under 60: \$6.00</p>	
15	Sincronizadas DeQueso with veggies Spanish Rice Banana	16	Orange Glazed Fish Rice Pilaf Asparagus Dinner Roll Oranges	17	Fish & Chips Steak Fries Coleslaw Banana & Jello cup	<p style="text-align: center;">No Lunch Served on Thursday's</p>		19	Hungarian Goulash Over Flat Noodles Broccoli Strawberry Short Cake
22	Spanish Beef Flour Tortilla Green Salad Potato Soup Apple	23	Smoked Turkey Wrap Mediterranean Pasta Salad Mixed Berries	24	Broccoli Cheese Soup Turkey Sandwich Apple Crisp Whipped Topping			26	Salmon Filet Green Salad Wild Rice Broccoli Wheat Roll Peaches
29	Chicken Margarita Creamy Noodles Green Salad Breadstick Apple & Orange Juice	30	Sweet & Sour Meatballs Rice Broccoli Pineapple Chunks Jello Cup	<p style="text-align: center;">31 End of Summer Picnic Reservation Only \$4/dué when reserving</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.

Mon	Tue	Wed	Thu	Fri
Mexican Baked Cod Calories = 850 Carb = 97 Sodium = 1000	Chicken Fajita Calories = 700 Carb = 103 Sodium = 1020	Vegetable Soup Calories = 750 Carb = 93 Sodium = 1130		Dill Fish Calories = 740 Carb = 83 Sodium = 730
Chicken Fajitas Calories = 700 Carb = 123 Sodium = 1020	Kielbasa Calories = 710 Carb = 81 Sodium = 1,340	Minestrone Soup Calories = 790 Carb = 104 Sodium = 710		Pork Chop Calories = 710 Carb = 76 Sodium = 540
Sincronizadas DeQueso w/Veggies Calories = 720 Carb = 133 Sodium = 820	Orange Glazed Fish Calories = 780 Carb = 124 Sodium = 700	Fish & Chips Calories = 880 Carb = 127 Sodium = 1150		Hungarian Goulash Calories = 740 Carb = 78 Sodium = 960
Spanish Beef Calories = 730 Carb = 113 Sodium = 820	Smoked Turkey Wrap Calories = 780 Carb = 105 Sodium = 1190	Broccoli Cheese Soup Calories = 720 Carb = 84 Sodium = 990		Salmon Filet Calories = 640 Carb = 74 Sodium = 650
Chicken Margarita Calories = 850 Carb = 99 Sodium = 910	Sweet & Sour Meatballs Calories = 900 Carb = 155 Sodium = 1090	NBCC End of Summer Picnic 		

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