

NBCC Lunch Program - JULY 2015

Monday	Tuesday	Wednesday	Thursday	Friday
	NBCC will be closed on 7/3 to observe Independence Day	1 Grilled Hamburger Steak Fries Coleslaw Baked Beans Fruit Medley	NO Lunch Served on Thursdays	3 CLOSED FOR HOLIDAY 
6 Tortilla Soup Pinto Beans Mandarin Oranges Oatmeal raisin cookie	7 Chicken Parmesan Angel Hair Pasta Italian Green Beans Garlic Bread Lemon Bar Orange-Pineapple Juice	8 Beef Barley Soup Caesar Salad Melon Ginger Snaps	Lunch is Served at 12:00pm M/T/W/F	10 Tomato Soup Tuna Salad Sandwich Green Salad Melon
13 Pork Mexican Zucchini Spanish Rice Corn & Carrots Flour Tortilla Tropical Fruit	14 Crab Cakes Red Potatoes Mixed Vegetables Mixed Fruit Cookie	15 Cream of Mushroom Soup Chicken Salad Sandwich Mandarin Oranges Apple Crisp	LUNCH FEES 60+; \$3.00 <i>Suggested Donation</i> Under 60; \$6.00	17 Lasagna Green Beans Salad Garlic Bread Plums Brownie
20 Quesadilla Casserole Steamed Broccoli Tropical Fruit Salad	21 Beef Chili Colorado Spanish Rice Black Bean Salsa Chips Mixed Fruit Orange Sherbet	22 Lemon Pepper Fish Romano Cheese Potatoes Spinach Tropical Fruit Pineapple-Orange Juice		24 Pork Tenderloin Bake Mashed Potatoes Baby Carrots Wheat Roll Kiwi Oatmeal Raisin Cookie
27 Beef Barbacoa Refried Beans Spanish Brown Rice Flour Tortilla Honeydew Melon	28 Spaghetti w/Broccoli & Chicken Pea Salad Breadsticks Berries & Whip Topping	29 Chicken Gumbo Salad Roll Peaches	Please join us for the End of Summer Picnic, Wednesday, August 26th. RESERVATIONS REQUIRED (Contact the front desk for more information, 425-452-7681)	31 Fish Taco Rice Flour Tortilla Black Bean Salsa Chips Tropical Fruit

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.