

NBCO Lunch Program - July 2016

Monday

Tuesday

Wednesday

No Lunch Served Thursday

Friday



<p>Happy Independence Day North Bellevue Community Center is CLOSED today</p>		<p>5 Oven Fried Chicken Mashed Potatoes & Gravy Broccoli & Cauliflower Wheat Roll Peaches</p>	<p>6 Tortilla Soup Spanish Rice Jicama Salad Mandarin Orange</p>	<p>Lunch Served At Noon</p>	<p>8 Beef Pot Roast Red Potatoes 5 Way Vegetable Blend Wheat Roll Lemon Bar</p>
<p>11 Tilapia Amandine Steamed Broccoli Carrots Whole Wheat Roll Oatmeal Raisin Cookie</p>	<p>12 Pork Curry Rice Broccoli Roll Applesauce & Cookie</p>	<p>13 Tuna Melt Sandwich Pea Salad Melon</p>	<p>Lunch Fees 60+ \$3.00 <i>(suggested donation)</i> Under 60: \$6.00</p>		<p>15 Tahitian Chicken Rice Peas Spinach Salad Roll & Pineapple Chunks</p>
<p>18 Pork Fajita Rice Pinto Beans Banana</p>	<p>19 Beef Soft Taco Lettuce, Tomato & Cucumber Salad Pinto Beans Cantaloupe</p>	<p>20 Navy Bean Soup Ham Sandwich Orange Ice Cream</p>		<p>No Lunch Served on Thursday's</p>	<p>22 Potato Salmon Patty Broccoli Lemon Pasta Breadstick Pears</p>
<p>25 Chicken Taco Spanish Rice Pinto Beans Mexicali Vegetables Mandarin Orange</p>	<p>26 Roast Beef Sandwich Potato Salad Tomato Slices Grapes</p>	<p>27 Turkey Noodle Soup Pineapple Slaw Mixed Citrus Saltines Peanut Butter Cookie</p>			<p>29 Honey Dijon Chicken Baked Potato Brussel Sprouts Apricots</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 Bellevue	Tue South Park	Wed Kirkland	Thu Des Moines	Fri Federal Way
				Hamburger Calories = 910 Carb = 90 Sodium = 940
No Lunch Today Independence Day Holiday	Oven Fried Chicken Calories = 680 Carb = 90 Sodium = 160	Tortilla Soup Calories = 790 Carb = 108 Sodium = 420		Beef Pot Roast Calories = 730 Carb = 97 Sodium = 930
Tilapia Amandine Calories = 690 Carb = 78 Sodium = 450	Pork Curry Calories = 690 Carb = 116 Sodium = 680	Tuna Melt Sandwich Calories = 690 Carb = 64 Sodium = 980		Tahitian Chicken Calories = 670 Carb = 106 Sodium = 790
Pork Fajita Calories = 940 Carb = 132 Sodium = 770	Beef Soft Taco Calories = 670 Carb = 87 Sodium = 1120	Navy Bean Soup Calories = 700 Carb = 100 Sodium = 980		Potato Salmon Patty Calories = 710 Carb = 83 Sodium = 790
Chicken Taco Calories = 740 Carb = 125 Sodium = 450	Roast Beef Sandwich Calories = 780 Carb = 90 Sodium = 1180	Turkey Noodle Soup Calories = 730 Carb = 104 Sodium = 590		Honey Dijon Chicken Calories = 810 Carb = 98 Sodium = 570

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