

# NBCC Lunch Program ~ May 2016

Monday	Tuesday	Wednesday	No Lunch Thursday	Friday
<b>2 Cheese Quesadilla</b> Chicken Soup Green Salad Banana	<b>3 BBQ Pork Sandwich</b> Green Beans Appleslaw Oatmeal Raisin Cookie Apricot Nectar	<b>4 Mother's Day Luncheon</b> 11:30am-1pm  <b>RESERVATIONS Required</b>	<i>Happy Mother's Day</i> 	<b>6 Breaded Fish Patty</b> Baked Red Potatoes Broccoli Normandy Peaches Orange-Pineapple Juice
<b>9 Pork Mexican Zucchini</b> Spanish Rice Corn & Carrots Flour Tortilla Tropical Fruit	<b>10 Chicken Fried Rice</b> Eggrolls Stir Fried Vegetables Fortune Cookie Mandarin Orange	<b>11 Wild Rice Soup</b> Chicken Santa Fe Salad Saltines Berries & Whipped Topping	<b>Lunch Served</b> At 12:00pm/Noon	<b>13 Beef Stroganoff</b> Peas & Carrots Roll Banana
<b>16 Salsa Fish</b> Brown Rice Vegetables Corn Tortilla Pears/Oatmeal cookie	<b>17 Baked Cod</b> Scalloped Potatoes Carrot Raisin Salad Broccoli Tropical Fruit Roll	<b>18 Meatball Soup</b> Chicken Salad Roll Plum	<b>Lunch Fees</b> 60+ \$3.00 <i>(Suggested Donation)</i> Under 60; \$6.00	<b>20 Arroz con Pollo</b> Pinto Beans Flour Tortilla Mango
<b>23 Cilantro Lime Fish</b> Rice & Corn Baked zucchini and tomato Pineapple/Coconut Ice Cream/Fig Newton	<b>24 Tahitian Chicken</b> Rice Peas Spinach Salad Roll Pineapple Chunks	<b>25 Chicken Noodle Soup</b> Ham Sandwich Oyster Crackers Strawberries & Whipped Topping	<b>No Lunch Served on Thursday's</b>	<b>27 Amandine Fish</b> White Potatoes Broccoli Wheat Roll Chocolate Pudding
 <i>"Nor shall their story be forgot While fame her record keeps"</i>	<b>31 Navy Bean Soup</b> Ham Sandwich Orange Ice Cream	~ The Kentucky Derby is the 1st Saturday in May. ~ On 5/5/61 Navy Commander Alan Shepard Jr. boarded the Freedom 7 and became the first American Astronaut in space. ~ Emerald is the birthstone for May.		

**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

# Month: 4



Mon	Tue	Wed	Thu	Fri
<b>Chef Salad</b>  Calories =690 Carb =85 Sodium =1280	<b>BBQ Pork Sandwich</b>  Calories =900 Carb =106 Sodium =1030	<b>Vegetable Lasagna</b>  Calories =770 Carb =99 Sodium =1030	<b>Arroz con Pollo</b>  Calories = 910 Carb = 113 Sodium = 540	<b>Breaded Fish Patty</b>  Calories =740 Carb = 122 Sodium = 730
<b>Lime Fish</b>  Calories =730 Carb =102 Sodium =680	<b>Chicken Fried Rice</b>  Calories =670 Carb =85 Sodium =970	<b>Stuffed Bell Pepper</b>  Calories =780 Carb =96 Sodium =760	<b>Wild Rice Soup</b>  Calories =660 Carb =60 Sodium =1150	<b>Beef Stroganoff</b>  Calories =820 Carb =97 Sodium =500
<b>Turkey Pot Pie</b>  Calories =680 Carb =104 Sodium =920	<b>Baked Cod</b>  Calories =770 Carb =106 Sodium =960	<b>Macaroni &amp; Cheese</b>  Calories =850 Carb =110 Sodium =740	<b>Meatball Soup</b>  Calories =720 Carb =57 Sodium =1070	<b>Salisbury Steak</b>  Calories =810 Carb =115 Sodium =1000
<b>Chili Con Carne</b>  Calories =810 Carb =117 Sodium =1080	<b>Tahitian Chicken</b>  Calories =670 Carb =106 Sodium = 1140	<b>Amandine Fish</b>  Calories =660 Carb =86 Sodium =720	<b>Chicken Noodle Soup</b>  Calories =670 Carb =75 Sodium =1160	<b>Beef Soft Taco</b>  Calories =670 Carb =87 Sodium = 1120
<b>HOLIDAY</b>	<b>Navy Bean Soup</b>  Calories =700 Carb =100 Sodium = 980			

**For reservations, call (253) 474-1200.**

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