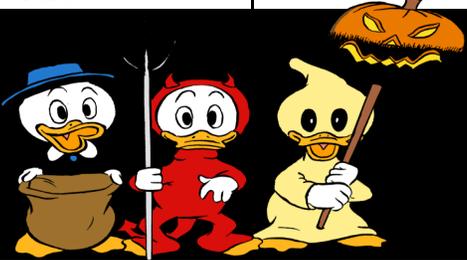


NBCC Lunch Program

OCTOBER 2015

| Mon | Tue | Wed | Thu | Fri |
|--|--|---|--|--|
| <p>Sign-up at the front desk for the Halloween Luncheon + Costume Contest!</p> <p>Space is Limited Preregistration is Required</p> |  | | <p>No Lunch Served on Thursday's</p> | <p>2 HONEY DIJON CHICKEN Baked Potato Baby Carrots Peach Cobbler</p> |
| <p>5 BEEF SOFT TACO Spanish Rice Mexicali veggies Apple</p> | <p>6 CHICKEN CACCIATORE Stewed Zucchini Pears</p> | <p>7 IVAR'S CLAM CHOWDER Salad Bread Sticks Mixed Berries & Whipped Topping</p> | <p>*LUNCH FEES: 60+, \$3.00 Suggested Donation Under 60, \$6.00</p> <p>Halloween Luncheon, \$4.00 Payable at the door</p> | <p>9 PHILLY CHEESSTEAK Salad Grapes Orange Juice</p> |
| <p>12 CHILI CON CARNE Corn Bread Green Salad Orange</p> | <p>13 BEEF MACARONI Green Beans Wheat Roll Melon Chocolate Pudding</p> | <p>14 SPLIT PEA SOUP Wheat Roll Mixed Vegetables Streusel Cake Apple</p> | <p>LUNCH SERVED AT NOON</p>  | <p>16 FISH BURGER Spinach Salad Broccoli Orange Wedge Pudding</p> |
| <p>19 FISH TACO Mexican Rice Cucumber & Tomato Salad Berries w/Whip Topping</p> | <p>20 FLORENTINE FISH Red Potatoes Zucchini in Stewed Tomatoes Roll Cherry Crisp</p> | <p>21 BLACK BEAN SOUP Spinach Salad Roll Baked Apple</p> |  | <p>23 GRILLED TURKEY SANDWICH Salad Mango & Yogurt</p> |
| <p>26 PORK EN SALSA VERDE Pinto Beans Corn Tortilla Tomato/Avocado Slices Orange</p> | <p>27 BROCCOLI CHEESE FISH Corn Chowder Scandinavian Vegetables Roll & Fruit</p> | <p>28 Halloween Luncheon + Costume Contest! Dreadfully Delicious Dining, W/Spooky Surprise Sweets PRE-REGISTRATION REQUIRED</p> |  | <p>30 CHICKEN ENCHILADA IN WHITE SAUCE Tomato/Cucumber Salad Pears Ice Cream</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.