




# NBCC Lunch Program ~ May 2019

Monday	Tuesday	Wednesday	No Lunch Thursday	Friday
<p>~ <i>The Kentucky Derby is the 1st Saturday in May.</i> ~ <b>Emerald</b> is the birthstone for May.</p>	<p>~ On 5/5/61 Navy Commander Alan Shepard Jr. boarded the Freedom 7 and became the 1st American Astronaut In Space!</p>	<p>1 <b>Beef and Bean Burrito</b> Brown Rice Pinto Beans Strawberries &amp; Yogurt</p>		<p>3 <b>Mexican Meatloaf</b> Mashed Potatoes Green Salad Cantaloupe</p>
<p>6 <b>Pork Mexican Zucchini</b> Spanish Rice Corn &amp; Carrots Flour Tortilla Tropical Fruit</p>	<p>7 <b>Pork Luau</b> With Soy Sauce Coleslaw Tropical Fruit Salad Hawaiian Roll</p>	<p>8 <b>Mother's Day Luncheon</b> 11:30am-1pm <i>Pre-Registration &amp; \$5.00 Payment Required</i></p>	<p><b>Lunch Served</b> At 12:00pm/Noon</p>	<p>10 <b>Vegetable Lasagna</b> Broccoli Baked Apple</p>
<p>13 <b>Salsa Fish</b> Brown Rice Vegetables Corn Tortilla Pears &amp; Oatmeal Cookie</p>	<p>14 <b>Fish Sandwich</b> Baked Red Potato Broccoli &amp; Cauliflower Orange</p>	<p>15 <b>Vegetable Cobb Salad</b> Breadstick Peaches</p>	<p><b>Lunch Fees</b> 60+ \$4.00 <i>(Suggested Donation)</i> Under 60; \$6.00</p>	<p>17 <b>Creamy Pork Tomato Fettucine</b> Riviera Blend Vegetable Roll Mango &amp; Pineapple</p>
<p>20 <b>Cheese Quesadilla</b> Chicken Soup Green Salad Banana</p>	<p>21 <b>Chicken Margarita</b> Creamy Noodles Green Salad Peaches</p>	<p>22 <b>Lemon Pepper Tilapia</b> Potatoes Au Gratin Spinach Fruit Cocktail Pineapple Upside/dn Cake</p>	<p><b>No CCs Lunch Served on Thursday's</b></p>	<p>24 <b>Salsa Fish</b> Rice W/Mexicali Veggies White Corn Tortilla Pears Ice Cream</p>
<p>27 <b>CLOSED FOR MEMEORIAL DAY</b> </p>	<p>28 <b>Sweet &amp; Sour Pork</b> Chinese Chicken Soup Brown Rice Mandarin Orange Fortune Cookie</p>	<p>29 <b>Beef Barley Soup</b> Crackers Green Salad Cantaloupe Ginger Snap Cookie</p>		<p>31 <b>Vegetarian Stuffed Peppers</b> Cantaloupe Lemon Bars</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.