

**July 2024 Lunch Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Soup Cheddar Cheese Slice Tex Mex Veggie Burger WW Hamburger Bun Sweet Potato Fries	2 Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad	3 Baked WW Penne w/ Veggie Sausage Chard, Mushrooms Whole Wheat Bread Blend Vegetables	4  <b>Center is Closed</b>	5 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
8 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	9 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	10 Veggie Burgers WW Hamburger Bun Sweet potato fries	11 Baked Salmon w/ Lemon, Tarragon, Thyme Couscous Romaine, Kale, Pepper, Black Olives, Feta Salad	12 Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
15 Whole Wheat Linguine w/ Creamy Spinach Basil Pesto, Asparagus, Peas Zucchini Bread Sauteed Spinach	16 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	17 Tuna Fish Salad English Muffin Baby Spinach Salad w/ Lemon Vinaigrette	18 Salmon Bulgogi Whole Wheat Lo Mein with Edamame Broccoli w/ Toasted Garlic	19 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
22 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	23 Spinach Tortellini with Ricotta and Kale Roasted Broccoli	24 Baked Fish w/ Lemon Garlic Butter Sauce Vegetable Couscous WW Bread Israeli Salad	25 Tuna Fish WW Bread Green Salad Fruit	26 Curried Jamaican Stew Perfect White Rice Papas Bravas
29 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	30 Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Mixed Vegetables w/ Garlic	31 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	AUGUST 1 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	AUGUST 2 Homemade Coconut Breaded Fish Rice & Red Beans Roasted Cabbage w/ Carrots

Meals are catered at the Manny Cantor Center Kosher Kitchen under the supervision of va'ad of Brooklyn | Fresh and Healthy