


October 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	1 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	2 Egg Salad Pita Bread Green Salad	3 ROSH HASHANAH LUNCH 12:00PM SIROVICH DINING ROOM	4  Center is Closed
7 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus, Peas Zucchini Bread Spinach	8 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	9 Tuna Fish Salad English Muffin Baby Spinach Salad w/ Lemon Vinaigrette	10 Salmon Bulgogi Edamame WW Lo Mein Broccoli w/ Toasted Garlic	11 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
14 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	15 Spinach Tortellini with Ricotta and Kale Roasted Broccoli	16 Baked Fish w/ Lemon Garlic Butter Sauce Vegetable Couscous Israeli Salad WW Bread	17 Tuna Salad Whole Wheat Bread Pasta Salad	18 Egg Salad Whole Wheat Bread Green Salad
21 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	22 Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Vegetables w/ Garlic	23 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	24 Tuna Salad Whole Wheat Bread Pasta Salad	25 Egg Salad Whole Wheat Bread Green Salad
28 California Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries	29 Fish w/Black Bean Sauce Vermicelli Cucumber Salad Vegetable Mix	30 Baked White Fish w/Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad	31 Ginger and Lime Salmon WW Lo Mein w Edamame Whole Wheat Bread Bok Choy	NOVEMBER 1 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw

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