

November 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
				4 Vegetable Soup Cheddar Cheese Slice Tex Mex Veggie Burger WW Hamburger Bun Sweet Potato Fries
11 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	12 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/WW Bun Blended Vegetables w/ Lettuce & Tomatoes	13 Baked Flounder Vegetable Lo Mein Spinach with Soy Sauce	14 Baked Salmon w/ Lemon, Tarragon, Thyme Couscous Romaine, Kale, Pepper, Black Olives, Feta Salad	15 Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
18 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus, Peas Zucchini Bread Spinach	19 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	20 Tuna Fish Salad English Muffin Baby Spinach Salad w/ Lemon Vinaigrette	21 Salmon Bulgogi Edamame WW Lo Mein Broccoli w/ Toasted Garlic	22 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
25 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	26 To Be announced	27 Baked Fish w/ Lemon Garlic Butter Sauce Vegetable Couscous WW Bread Israeli Salad	28 THANKSGIVING LUNCH 12PM MEZZANINE	29 Happy day after Thanksgiving Center is closed

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