



December 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Smokey Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	3 Spanish Style Baked Fish Spanish Brown Rice & Beans Baked Onions Vegetables W/ Garlic	4 Black Bean Taco with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	5 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	6 Homemade Coconut Breaded Fish Caribbean Rice and Red Beans Cabbage w/ Carrots
9 California Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries	10 Fish w/Black Bean Sauce Noodles Cucumber Salad Vegetable Mix	11 Baked White Fish W/Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	12 Ginger and Lime Salmon WW Lo Mein w/ Edamame Whole Wheat Bread Bok Choy	13 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
16 Vegetable Soup Cheddar Cheese Slice Tex Veggie Burger WW Bun Sweet Potato Fries	17 Baked Fish with Cilantro Citrus Sauce Mexican Confetti Rice Charred Orange Broccoli	18 Baked WW Penne w/Veggie Sausage Chard and Mushrooms Whole Wheat Bread Blend Vegetables	19 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	20 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower and Pea Curry
23 Mango-licious Fish Arroz con Glandules Spiced Cauliflower, Zucchini and Carrots	24 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	25  CENTER IS CLOSED	26 Baked Salmon w/ Lemon Tarragon, and Thyme Couscous Romaine, Kale, Pepper, Black Olive, Feta Salad	27 Soft WW Taco with Black Beans and Veggies Jeera Rice Mixed Vegetables
30 WW Linguine w/ Creamy Spinach Basil Pesto, Asparagus & Peas Zucchini Bread, Spinach	31 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans			

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