



January 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	1  Center is Closed	2 To Be Announced	3 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
6 Root Vegetable Stew Sancocho Dominican Rice and Beans Corn Niblets Garden Salad	7 Spinach Tortellini with Ricotta and Kale Roasted Broccoli Minestrone Soup	8 Baked Fish w/ Lemon Garlic Butter Sauce Vegetable Couscous Israeli Salad WW Bread	9 Pineapple Glazed Salmon Vegetable Lo Mein WW Bread Baby Spinach Salad w/Lemon Vinaigrette	10 Tuna Fish Salad Pita Bread Green Salad
13 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	14 Spanish Style Baked Fish Brown Rice & Beans Baked Onions Vegetables w/ Garlic	15 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw Butternut Squash Soup	16 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	17 Homemade Coconut Breaded Fish Caribbean Rice & Red Beans Cabbage w/ Carrots
 Center is Closed	21 Fish w/Black Bean Sauce Vermicelli Cucumber Salad Vegetable Mix	22 Baked White Fish w/Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad Mushroom Barley Soup	23 Ginger and Lime Salmon WW Lo Mein w Edamame Whole Wheat Bread Bok Choy	24 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
27 Vegetable Soup Cheddar Cheese Slice Veggie Burger w/Bun Sweet Potato Fries	28 Baked White Fish w/Garlic Crumb Crust Vegetable Couscous Corn and Edamame Salad	29 WW Penne w/ Veg Sausage & Vegetables WW Bread, Vegetables	30 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	31 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower and Pea Curry

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