

April 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Root Vegetables Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	1 Minestrone Soup Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli	2 Baked Fish w/ Lemon Garlic Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	3 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/Lemon Vinaigrette	4 Curried Jamaican Stew Perfect White Rice Papas Bravas
7 Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	8 Spanish Style Baked Fish Brown Rice and Beans Baked Onion Mixed Vegetables with Garlic	9 Butternut Squash Soup Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	10 Sweet and Sour Salmon Springtime Fried Brown Rice Stir Fried Vegetable	11 Meat Loaf Root Veggie Mash Steamed Veggie Matzo
14 Passover Seder @ 12pm	15 Passover Roasted Chicken Thighs Mashed Potatoes Mushrooms and Spinach Matzo	16 Passover Beef Stew Potatoes & Carrots, Veggies Matzo	17 Passover Salmon Mashed Potatoes Cauliflower Coleslaw Matzo	18 Passover Beef Stew Potatoes & Carrots Veggies, Matzo
21 Vegetable Soup Cheddar Cheese Slice Veggie Burger w/Bun Sweet Potato Fries	22 Baked White Fish with Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	23 WW Penne w/ Veggie "Sausage" and Vegetables WW Bread Vegetables	24 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Mixed Vegetables	25 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower and Pea Curry
28 Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower, Zucchini and Carrots	29 Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/WW Bun Lettuce & Tomato Italian Blended Vegetables	30 Baked Flounder Vegetable Lo Mein Spinach Salad Egg Drop Soup	May 1 Baked Salmon w/ Lemon Herb Couscous Romaine, Kale, Pepper, Black Olive, Feta Salad	May 2 Soft WW Tacos w/ Black Beans & Veg Cumin Spiced Rice Mixed Vegetables

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