

**JANUARY 2023 LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>HAPPY NEW YEAR</b> <b>Center is Closed</b>	3 Veggie Burger on a Bun French Fries Gar- den Salad Lentil Soup	4 Baked Penne w/ Sausage, Chard, & Mushrooms Garlic Bread Roasted Zucchini	5 Fish Curry Rice w/ Kidney Beans Egg Drop Soup Roasted Broccoli	6 Korean BBQ Salmon Vegetable Lo Mein Red Cabbage with Apples
9 Salmon w/ Cilantro Sauce Coconut Rice Pigeon Peas Steamed Green Squash	10 Fish Fillets Baby Carrots w/parsley Cous Cous Potato Corn Chowder	11 Korean Braised Tofu Baked Red Potatoes WW Dinner Roll Roasted Broccoli	12 Eggplant Parmesan w/ Tomato Sauce Garlic Bread White Bean Soup	13 Salmon Black Beans & Rice Mexican Corn Salad
16  <b>Center is Closed</b>	17 Brazilian Fish Stew Rice and Red Beans Whole Wheat Bread Cauliflower and Potatoes	18 Baked Salmon w/ Lemon Garlic Butter Sauce Baked Red Potatoes Whole Wheat Bread Roasted Brussel Sprouts	19 Kidney Bean and Vegetable Stew Plain Pita Bread Baby Spinach Salad w/Lemon Vinaigrette	20 Citrus Sesame Salmon Cilantro Lime Rice Whole Wheat Bread Roasted Zucchini
23 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato	24 Tomato-Fennel Glazed Salmon Roasted Red Potatoes Whole Wheat Dinner Roll Sautéed Green Beans	25 Garlic Soy Sesame Tofu Cumin Spiced Rice Steamed Kale Whole Wheat Pita Bread	26 Chickpea Stew Cous Cous Roast Cauliflower	27 Baked Salmon w/ Lemon Tarragon & Thyme Cajun-Style Rice Broccoli WW Pita Bread
30 Tofu in Garlic Soy Sesame Sauce Perfect White Rice Roasted Broccoli WW Roll	31 Baked Salmon w/ Garlic Crumb Crust Pesto Pasta Sautéed Summer Squash w/Corn and Tomatoes Whole Wheat Dinner Roll	Feb. 1 Black Bean & Sweet Potato Chili Cumin Spiced Rice Mixed Green Salad Whole Wheat Dinner Roll	Feb. 2 Veg Burger French Fries Lentil Soup Salad	Feb. 3 Baked Salmon w/ Cilantro Citrus Sauce Orzo Napa Cabbage

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