

MARCH 2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Baked Salmon w/ Lemon Garlic Butter Sauce Baked Red Potatoes Whole Wheat Bread Roasted Brussel Sprouts	2 Kidney Bean and Vegetable Stew Plain Pita Bread Baby Spinach Salad w/Lemon Vinaigrette	3 Citrus Sesame Salmon Cilantro Lime Rice Whole Wheat Bread Roasted Zucchini
		6 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato	7 Baked Fish with Black Bean Sauce Cumin-Spiced Rice Whole Wheat Pita California Blend Veggies	8 Mac & Cheese Garlic Knots Roast Broccoli
13 Baked Breaded Fish Perfect White Rice WW Dinner Roll Roasted Broccoli	14 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta Summer Squash w/ Corn and Tomatoes	15 Black Bean & Sweet Potato Chili Cumin Spiced Rice Mixed Green Salad Whole Wheat Dinner Roll	16 Lentil Soup Veggie Burger with Bun French Fries Baby Spinach Salad	17 Baked White Fish w/ Garlic Crumb Crust Orzo Seasoned Napa Cabbage
20 Breaded Fish Fillet Roasted Potatoes Whole Wheat Bread Cauliflower & Pea Curry	21 Fish w Fresh Salsa Relish Perfect White Rice Whole Wheat Bread Broccoli w/ Toasted Garlic	22 Vegetable Alfredo Pasta Garlic Bread Italian Cut Green Beans	23 Black Bean and Sweet Potato Chili Rice Pilaf WW Bread Garden Salad	24 Pineapple Glazed Salmon Mashed Sweet Potatoes Whole Wheat Bread Brussel Sprouts
27 Lentil Soup Challah Bread Tuna Fish Salad Baby Spinach Salad	28 Breaded Fish Fillets Yellow Rice Vegetable Mix	29 Baked Penne w/ Sausage, Chard, & Mushrooms Garlic Bread Roasted Zucchini	30 Fish Curry Brown Rice Roasted Broccoli Egg Drop Soup	31 Korean BBQ Salmon Vegetable Lo Mein Braised Red Cabbage w/ Apples

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