

MAY 2023 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Tuna Fish Salad French Fries Plain Pita Lettuce and Tomato	2 Fish w/Black Bean Sauce Cumin Spiced Rice Whole Wheat Pita California Blend Veggies	3 Tomato-Fennel Fish Roasted Red Potatoes Whole Wheat Roll Green Beans with Onion	4 Chickpea Stew w/Chard Cous Cous Honey Garlic Roasted Cauliflower	5 Baked Salmon w/ Lemon Cajun-Style Brown Rice Whole Wheat Pita Roasted Broccoli
8 Baked Breaded Fish Perfect White Rice Whole Wheat Roll Roasted Broccoli	9 Baked Salmon with Cilantro Citrus Sauce Pesto Pasta Whole Wheat Roll Sautéed Summer Squash w/Corn and Tomatoes	10 Black Bean and Sweet Potato Chili Cumin Spiced Rice Whole Wheat Dinner Roll Mixed Green Salad	11 Lentil Soup Veggie Burger on Bun French Fries Baby Spinach Salad w/Lemon Vinaigrette	12 Baked White Fish with Garlic Crumb Crust Orzo Seasoned Napa Cabbage
15 Breaded Fish Fillet Roasted Potatoes Whole Wheat Bread Cauliflower and Pea Curry	16 Fish w/Salsa Relish Perfect White Rice Whole Wheat Bread Broccoli w/ Toasted Garlic	17 Vegetable Alfredo Pasta Garlic Bread Italian Cut Green Beans	18 Black Bean and Sweet Potato Chili Rice Pilaf Whole Wheat Bread Garden Salad	19 Pineapple Glazed Salmon Mashed Sweet Potatoes Whole Wheat Bread Brussel Sprouts
22 Lentil Soup Challah Bread Tuna Fish Salad Bowtie Pasta w/ Kasha Baby Spinach Salad	23 Breaded Fish Fillets Yellow Rice Vegetable Mix	24 Penne w/Veggie Sausage and Mushrooms Garlic Bread Roasted Zucchini	25 Korean BBQ Salmon Vegetable Lo Mein Braised Red Cabbage w/ Apples	26 Cold Meal Egg Salad Pasta Salad Challah Roll Fruit
29  Center is closed	30 White Fish with Cilantro Coconut Rice and Pigeon Peas Steamed Green Squash	31 Fish w/Salsa Relish Couscous w/ Peas Lemon Corn Potato Chowder Mixed Green Salad	June 1 White Bean Soup Eggplant Parmesan Tomato Sauce Garlic Bread Italian Blend Vegetables	June 2 Baked Salmon w/ Cilantro Citrus Sauce Rice and Beans Oriental Blend Veggies

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