

SEPTEMBER LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 28 Vegetable Soup Tuna Fish Salad Whole Wheat Pita Lettuce and Tomato	August 29 Baked Fish Oreganata Brown Rice w/ Mushrooms Vegetable Mix	August 30 Chickpea Stew Couscous w/ Peas & Lemon Whole Wheat Bread Baby Spinach Salad	August 31 Breaded Fish Fillets Brown Rice Vegetable Mix	1 Citrus Sesame Crusted Salmon Wild Rice Pilaf Cabbage with Carrots
 4 CENTER IS CLOSED	5 Coconut Curried Fish Vegetable Couscous Broccoli w/ Toasted Garlic	6 Baked Vegetable Alfredo Pasta Whole Wheat Dinner Roll Italian Vegetables	7 Breaded Fish Fillets Bowtie Pasta w/ Kasha Cucumber Salad	8 Salmon Baked Brown Rice Pilaf Vegetable Mix
11 Lentil Soup Fillet of Fish WW Sandwich Baby Spinach Salad	12 Fish Curry Black Beans & Rice Whole Wheat Bread California Blend	13 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms Vegetables & Garlic Bread	14 Lemon Garlic Tilapia Rice Pilaf Roast Broccoli	15 Apricot Glazed Salmon Cilantro Lime Brown Rice Baby Carrots & Parsley
18 Black Bean & Sweet Potato Chili Cilantro Lime Rice Corn Muffin Caesar Salad	19 Tomato-Fennel Glazed Fish Couscous w/ Peas and Lemon Whole Wheat Dinner Roll Broccoli w/ Toasted Garlic	20 Mushroom Barley Soup Black Bean Tacos w/ Pineapple Salsa Verde Lettuce & Tomato	21 Homemade Breaded Fish Whole Wheat Bread Baked Potato Wedges Bok Choy	22 Ginger & Lime Salmon Fried Brown Rice Braised Red Cabbage w/ Apples
 Center is closed	26 Brazilian Fish Stew Whole Wheat Bread Broccoli with Toasted Garlic Roasted Potatoes	27 Black Bean Tacos w/ Pineapple Salsa Cilantro Lime Rice Lettuce and Tomato	28 Black Bean & Sweet Potato Chili Brown Rice Cauliflower & Pea Curry	29 Baked Salmon Roasted Vegetable Couscous Vegetable Mix

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