

DECEMBER LUNCH MENU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| | | | | 1 Baked Salmon w/ Cilantro Citrus Sauce Polenta, Potato, Cauliflower & Pea Curry |
| 4 Veggie Griller Burger WW Hamburger Bun Sweet Potato Fries | 5 Curried Jamaican Stew Whole Wheat Pita Garlic Mashed Potatoes | 6 White Fish w/ Cilantro Vegetable Lo Mein Broccoli w/ Teriyaki Sauce | 7 Coconut Breaded Fish Cumin Spiced Rice Zucchini, Corn, Tomatoes | 8 Ginger and Lime Salmon Perfect White Rice Green Beans and Carrots |
| 11 Cauliflower Soup Fillet of Fish WW Sandwich Baby Spinach Salad | 12 Fish Curry Black Beans and Rice Vegetable Mix | 13 WW Penne w/ Veggie “Sausage”, Chard & Mushrooms Dinner Roll and Zucchini and Peas | 14 Curry Chickpea Stew Perfect White Rice Broccoli & Red Peppers | 15 Baked Salmon Brown Rice w/ Black Beans Blend Vegetables |
| 18 Black Bean & Sweet Potato Chili Cilantro Lime Rice Roasted Broccoli | 19 Coconut Breaded Fish Couscous w/Peas & Lemon Red Cabbage with Apples | 20 Vegetable Alfredo Pasta Whole Wheat Bread Blend Vegetables | 21 Baked Fish Oreganata Brown Rice Blend Vegetables | 22 Sesame Crusted Salmon Perfect White Rice Honey Garlic Cauliflower |
| 25 Center is Closed | 26 Baked Fish Yellow Rice Potato, Cauliflower & Pea Curry | 27 WW Pasta w/ Broccoli and Pesto Whole Wheat Dinner Roll Blend Vegetables | 28 Black Bean Tacos w/ Pineapple Salsa Cabbage & Apple Slaw | 29 BBQ Salmon Whole Wheat Lo Mein w/ Edamame Cabbage with Eggs |

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