


JANUARY 2024 LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div><div><div><div></div><div>HAPPY NEW YEAR</div><div>2024</div><div>CENTER IS CLOSED</div></div></div><div>1</div></div></div>	<div><div><div><div>Baked Fish Oreganata</div><div>Garlic Mashed Potatoes</div><div>Multigrain Pita</div><div>Caesar Salad</div></div></div><div>2</div></div>	<div><div><div><div>California Veggie Burger</div><div>Sweet Potato Fries</div><div>WW Hamburger Bun</div><div>Vegetable Mix</div></div></div><div>3</div></div>	<div><div><div><div>Baked Fish w/ Black Bean Sauce</div><div>Cilantro Lime Rice</div><div>Blend Vegetables</div></div></div><div>4</div></div>	<div><div><div><div>To be announced</div></div></div><div>5</div></div>
<div><div><div><div>Tuna Fish Salad</div><div>Whole Wheat Pita</div><div>Garden Salad</div></div></div><div>8</div></div>	<div><div><div><div>Tomato-Fennel Glazed Fish</div><div>Roasted Vegetable</div><div>Couscous</div><div>Roasted Butternut Squash</div></div></div><div>9</div></div>	<div><div><div><div>Whole Grain Pasta w/ Marinara</div><div>Whole Wheat Bread</div><div>Blend Vegetables</div></div></div><div>10</div></div>	<div><div><div><div>Brazilian Fish Stew</div><div>Curried Citrus Rice</div><div>Charred Orange Broccoli</div></div></div><div>11</div></div>	<div><div><div><div>Baked Salmon w/ Cilantro Citrus Sauce</div><div>Polenta, Potato Cauliflower & Pea Curry</div></div></div><div>12</div></div>
<div><div><div><div></div><div>15</div></div></div></div>	<div><div><div><div>Curried Jamaican Stew</div><div>Whole Wheat Pita</div><div>Garlic Mashed Potatoes</div></div></div><div>16</div></div>	<div><div><div><div>White Fish w/ Cilantro</div><div>Vegetable Lo Mein</div><div>Broccoli w/ Teriyaki Sauce</div></div></div><div>17</div></div>	<div><div><div><div>Pre-prepared Breaded Flounder</div><div>Cumin Spiced Rice</div><div>Zucchini w/Corn & Tomatoes</div></div></div><div>18</div></div>	<div><div><div><div>Salmon</div><div>Perfect White Rice</div><div>Green Beans & Carrots</div></div></div><div>19</div></div>
<div><div><div><div>Cauliflower Soup</div><div>Fillet of Fish WW Sandwich</div><div>Baby Spinach Salad</div></div></div><div>22</div></div>	<div><div><div><div>Fish Curry</div><div>Black Beans and Rice</div><div>Vegetable Mix</div></div></div><div>23</div></div>	<div><div><div><div>WW Penne w/ Veggie “Sausage”</div><div>Chard, & Mushrooms</div><div>Zucchini and Peas</div></div></div><div>24</div></div>	<div><div><div><div>Curry Chickpea Stew</div><div>Perfect White Rice</div><div>Broccoli and Red Peppers</div></div></div><div>25</div></div>	<div><div><div><div>Baked Salmon</div><div>Brown Rice w/ Black Beans</div><div>Blend Vegetables</div></div></div><div>26</div></div>
<div><div><div><div>Black Bean & Sweet Potato Chili</div><div>Cilantro Lime Rice</div><div>Roasted Broccoli</div></div></div><div>29</div></div>	<div><div><div><div>Pre-prepared Breaded Flounder</div><div>Couscous w/ Peas & Lemon</div><div>Red Cabbage and Apples</div></div></div><div>30</div></div>	<div><div><div><div>Vegetable Alfredo Pasta</div><div>Whole Wheat Bread</div><div>Vegetable Mix</div></div></div><div>31</div></div>	<div><div><div><div>February 1</div><div>Baked Fish Oreganata</div><div>Brown Rice</div><div>Normandy Blend</div></div></div><div></div></div>	<div><div><div><div>February 2</div><div>Sesame Crusted Salmon</div><div>Perfect White Rice</div><div>Roasted Cauliflower</div></div></div><div></div></div>

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