


**April 2024 Lunch Menu**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 White Bean Soup Tex Mex Veg Burgers WW Hamburger Bun Spiced Sweet Potato Fries	2 Baked White Fish with Garlic Crumb Crust Roasted Vegetable Couscous Corn and Edamame Fusion Salad	3 Black bean Tacos with Tangy Pineapple Salsa Salsa Verde Curried Citrus Rice Cabbage Carrot Slaw	4 Baked Vegetable Alfredo Pasta Whole Wheat Bread Italian Blend Vegetables	5 Baked Salmon with Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
8 Homemade Coconut Breaded Fish Arroz con Gandules Adobo Spiced Cauliflower, Zucchini, and Carrots	9 Mozzarella Cheese Vegan Breaded Chicken Cutlet WW Hamburger Bun Italian Blend Vegetables Lettuce and Tomato	10 Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Asian Cucumber Salad	11 Curried Jamaican Stew Whole Wheat Pita Roasted Potatoes	12 Salmon Bulgogi Vegetable Lo Mein Asian Cabbage with Eggs
15 Tuna Fish WW English Muffin Spinach Salad Fruit	16 Apricot Glazed Salmon Yellow Rice Root Vegetable Trio	17 Cauliflower Soup Black Bean Tacos with Tangy Pineapple Salsa Cabbage Carrot Slaw	18 Homemade Coconut Breaded Fish Cilantro Lime Rice Caesar Salad	19 Salmon Bulgogi Whole Wheat Lo Mein w/ Edamame Broccoli w/ Garlic
Passover - 22 Chicken Mashed Potatoes Coleslaw Matzo	 Passover - 23	Passover - 24 Meat Balls Roasted Veggies Potatoes Matzo	Passover - 25 Meat Loaf Root Veggie Mash Steamed Veggie Matzo	Passover - 26 Roasted Chicken Thighs Mashed Potatoes Mushrooms and spinach Matzo
Passover - 29 Beef Stew Potatoes & Carrots Veggies Matzo	Passover - 30 Salmon Mashed Potatoes Cauliflower Coleslaw Matzo	May 1 Baked Whole Wheat Penne with Veggie Sausage, Chard, and Mushrooms Whole Wheat Bread Italian Blend Vegetables	May 2 Homemade Coconut Breaded Fish Caribbean Rice & Red Beans Roasted Cabbage w/ Carrots	May 3 Baked Salmon with Cilantro Citrus Sauce Springtime Fried Brown Rice Honey Garlic Roasted Cauliflower

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