



## May 2024 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cauliflower Soup WW Penne w/ Veggie Sausage, Chard, and Mushrooms, WW Bread Italian Blend Vegetables	2 Coconut Breaded Fish Caribbean Rice & Red Beans Caribbean Style Roasted Cabbage with Carrots	3 Baked Salmon w/ Cilantro Citrus Sauce Springtime Fried Brown Rice Honey Garlic Cauliflower
	6 California Veg Burger WW Hamburger Bun Roasted Sweet Potato Fries	7 Baked Salmon w/ Lemon Tarragon & Thyme Jollof Rice Cauliflower Stuffing	8 Spinach Tortellini w/ Ricotta and Kale Whole Wheat Bread Kale Salad with Lemon	9 Baked Fish w/ Black Bean Sauce Chinese Vermicelli Noodles Aloo Gobi Matar
13 White Bean Soup Tex Mex Veg Burgers WW Hamburger Bun Spiced Sweet Potato Fries	14 Baked White Fish w/ Garlic Crumb Crust Roasted Vegetable Couscous Corn & Edamame Salad	15 Black Bean Tacos w/ Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	16 Baked Vegetable Alfredo Pasta Whole Wheat Bread Italian Blend Vegetables	17 Baked Salmon with Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables
20 Homemade Coconut Breaded Fish Arroz con Gandules Adobo Spiced Cauliflower Zucchini, and Carrots	21 Mozzarella Cheese Veg Breaded Chicken Cutlet WW Hamburger Bun Italian Blend Vegetables Lettuce and Tomato	22 Tomato-Fennel Glazed Fish Roasted Vegetable Couscous Asian Cucumber Salad	23 Curried Jamaican Stew Whole Wheat Pita Roasted Potatoes	24 Salmon Bulgogi Vegetable Lo Mein Asian Cabbage with Eggs
	27	28 Apricot Glazed Salmon Yellow Rice Root Vegetable Trio	29 Cauliflower Soup Black Bean Tacos with Tangy Pineapple Salsa Cabbage Carrot Slaw	30 Homemade Coconut Breaded Fish Cilantro Lime Rice Caesar Salad
				31 Salmon Bulgogi Whole Wheat Lo Mein w/ Edamame Broccoli w/ Garlic

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