
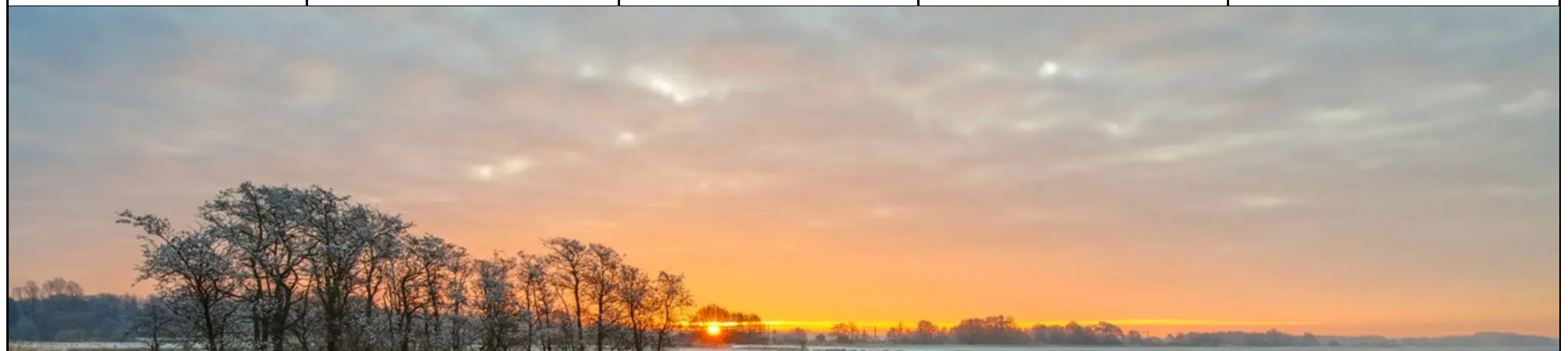


February 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Mango-licious Fish Arroz con Gandules Spiced Cauliflower, Zucchini and Carrots	4 Mozzarella Cheese Vegan Breaded "Chicken" Cutlet w/ WW Bun Blend Vegetables w/ Lettuce & Tomato	5 Baked Flounder Vegetable Lo Mein Steamed Spinach with Soy Sauce	6 Tuna Fish WW Bread Green Salad	7 Soft WW Taco with Black Beans and Veggies Jeera Rice Mix Vegetables
10 Tuna Salad Whole Wheat Pita Bread Baby Spinach Salad with Lemon Vinaigrette	11 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	12 WW Linguine w/ Veggies Zucchini Bread Sauteed Spinach	13 Salmon Bulgogi WW Lo Mein with Edamame Broccoli w/ Toasted Garlic	14 White Bean, Eggplant, & Tomato Casserole Yellow Rice Root Vegetable Trio
17  Center is Closed	18 Minestrone Soup Spinach Tortellini with Ricotta and Kale Roasted Broccoli	19 Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	20 Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad w/Lemon Vinaigrette	21 Curried Jamaican Stew Perfect White Rice Papas Bravas
24 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	25 Spanish Style Baked Fish Brown Rice & Beans Baked Onions Mixed Vegetables w/ Garlic	26 Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	27 Sweet and Sour Salmon Springtime Fried Brown Rice Stir Stir Fried Vegetables	28 Homemade Coconut Breaded Fish Rice & Red Beans Roasted Cabbage w/Carrots



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