


March 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Breaded Fish Mexican Confetti Rice Charred Orange Broccoli	4 Fish w/Black Bean Sauce Vermicelli Noodles Cucumber Salad Vegetable Mix	5 Veggie Burger WW Hamburger Bun Sweet Potato Fries Mushroom Barley Soup	6 Ginger and Lime Salmon WW Lo Mein w/ Edamame Bok Choy	7 Whole Wheat Tuna Sandwich Cabbage and Apple Slaw
10 Vegetable Soup Cheddar Cheese Slice Veggie Burger w/ Bun Sweet Potato Fries	11 Baked White Fish w/Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	12 WW Penne w/ Veggie "Sausage" & Vegetables WW Bread Vegetables	13 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf Blend Vegetables	14 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower, and Pea Curry
17 Mango-licious Fish with Pigeon Peas Adobo Spiced Cauliflower, Zucchini and Carrots	18 Mozzarella Cheese Vegan Breaded "Chicken" Style Cutlet w/WW Bun Lettuce & Tomatoes Italian Blend Vegetables	19 Baked Flounder Vegetable Lo Mein Spinach Salad Egg Drop Soup	20 Baked Salmon w/ Lemon Tarragon, and Thyme Couscous Romaine, Kale, Pepper, Black Olive and Feta Salad	21 Soft WW Taco with Black Bean and Veggies Cumin Spiced Rice Mixed Vegetables
24 Tuna Salad Whole Wheat Pita Baby Spinach Salad with Lemon Vinaigrette	25 Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	26 WW Linguini w/ Veggies Zucchini Bread Cauliflower White Bean Soup	27 Salmon w/BBQ Sauce WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	28 White Bean, Eggplant & Tomato Casserole Yellow Rice Root Vegetable Trio
31 Root Vegetables Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	 <p><i>Spring:</i> a lovely reminder of how <i>Beautiful</i> change can truly be!</p>			

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