

### May 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
April 28	April 29	April 30	1	2
Mango-licious Fish Rice with Pigeon Peas Adobo Spiced Cauliflower, Zucchini and Carrots	Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/WW Bun Lettuce & Tomato Italian Blend Vegetables	Baked Flounder Vegetable Lo Mein Steamed Spinach Egg Drop Soup	Baked Salmon w/ Lemon Herb Couscous Romaine, Kale, Pepper, Black Olive, Feta Salad	Soft WW Tacos w/ Black Beans & Veg Cumin Spiced Rice Mixed Vegetables
5	6	7	8	9
Tuna Salad Whole Wheat Pita Baby Spinach Salad w/Lemon Vinaigrette	Fish with Mushrooms, Peppers, and Tomatoes Rice with Corn Tangy Green Beans	WW Linguine w/ Veggies Zucchini Bread Italian Vegetables White Bean Soup	Salmon w/BBQ Sauce WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	Crispy Eggplant Parmesan Hero Root Vegetable Trio
12	13	14	15	16
Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	Minestrone Soup Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli	Baked Fish w/ Lemon Garlic Butter Sauce Roasted Veg Couscous Whole Wheat Bread Israeli Salad	Pineapple Glazed Salmon Vegetable Lo Mein Whole Wheat Bread Baby Spinach Salad W/Lemon Vinaigrette	Curried Jamaican Stew Perfect White Rice Papas Bravas
19	20	21	22	23
Black Bean & Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	Spanish Style Baked Fish Brown Rice and Beans Mixed Vegetables with Garlic	Butternut Squash Soup Black Bean Tacos with Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	Sweet and Sour Salmon Springtime Fried Brown Rice Stir Fried Vegetables	Egg Salad Green Salad Whole Wheat Roll
26	27	28	29	30
 Center is Closed	Fish w/Black Bean Sauce Vermicelli Noodle and Cucumber Salad Vegetable Mix	Veggie Burger WW Hamburger Bun Sweet Potato Fries Mushroom Barley Soup	Ginger and Lime Salmon WW Lo Mein w/ Edamame Bok Choy	Whole Wheat Tuna Sandwich Cabbage and Apple Slaw

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