

July 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Baked WW Penne w/ Veggies WW Bread Italian Blend Veggies	1 Baked White Fish with Garlic Crumb Crust Roasted Veg Couscous Corn and Edamame Salad	2 Vegetable Soup Veggie Burger with WW Bun, Cheese Sweet Potato Fries	3 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables	
7 Mango-licious Fish with Pigeon Peas Adobo Spiced Cauliflower, Zucchini and Carrot	8 Mozzarella Cheese Vegan Breaded Chicken Style Cutlet w/WW Bun Lettuce & Tomatoes Italian Blend Vegetables	9 Baked Flounder Vegetable Lo Mein Steamed Cauliflower Egg Drop Soup	10 Egg Salad Whole Wheat Challah Roll Green Salad	11 WW Tacos w/Black Beans and Veggies Cumin Spiced Rice Mixed Vegetables
14 WW Linguine w/ Veg Zucchini Bread Sauteed Spinach	15 Fish with Mushrooms, Peppers, Tomatoes Rice with Corn Tangy Green Beans	16 Tuna Salad WW Pita Baby Spinach Salad w/Lemon Vinaigrette White Bean Soup	17 Salmon w/ Barbecue Sauce WW Lo Mein with Edamame Broccoli with Toasted Garlic	18 Curried Jamaican Stew Perfect White Rice Patatas Bravas
21 Root Vegetable Stew (Sancocho) Dominican Moro Corn Niblets Garden Salad	22 Baked Fish with Lemon Garlic Butter Sauce Vegetable Lo Mein Israeli Salad	23 Spinach Tortellini with Ricotta and Kale Whole Wheat Bread Roasted Broccoli Minestrone Soup	24 Pineapple Glazed Salmon Vegetable Couscous Baby Spinach Salad w/Lemon Vinaigrette	25 Baked Eggplant Parmesan Whole Wheat Bread Root Vegetable Trio
28 Black Bean and Sweet Potato Chili Cilantro Lime Rice Honey Garlic Roasted Cauliflower	29 Baked Fish Spanish Brown Rice and Beans Baked Onions Mixed Vegetables w/Garlic	30 Butternut Squash Black Bean Taco with Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	31 Sweet and Sour Salmon Fried Brown Rice Stir Fried Vegetables	August 1 Coconut Breaded Fish Rice and Red Beans Roasted Cabbage with Carrots

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