

October 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
September 29 Mango-licious Fish Arroz con Gandules (Mexican Rice and Pigeon Peas) Adobo Veggies	September 30 Veggie Soup Tex Mex Burger Cheddar Cheese Slice WW Hamburger Bun Sweet Potato Fries	1 Baked Flounder Vegetable Lo Mein Steamed Cauliflower Egg Drop Soup	2  Center is Closed	3 WW Tacos w/ Black Beans & Veggies Cumin Spiced Rice Mixed Vegetables
6 WW Linguine with Spinach Basil Pesto, Asparagus & Peas Zucchini Bread Sauteed Spinach	7 Egg salad WW bread Green salad	8 Tuna salad WW roll Green salad	9 Salmon w/ Barbecue Sauce WW Lo Mein with Edamame Broccoli with Toasted Garlic	10 Curried Jamaican Stew Perfect White Rice Patatas Bravas
13 Root Vegetable Stew Dominican Moro Corn Niblets Garden Salad	14 Tuna salad Pita bread Green salad	15 Egg salad WW bread green salad	16 Vegan Breaded Chicken Sandwich with Mozzarella Brown Rice Mixed Veggies	17 Baked Eggplant Parmesan WW Bread Root Vegetables Trio
20 Black Bean & Sweet Potato Chili Cilantro Lime Rice Cauliflower	21 Spanish Baked Fish Brown Rice & Beans Baked Onions Mixed Veggies	22 Butternut Squash Soup Black Bean Tacos w/ Pineapple Salsa Curried Citrus Rice & Slaw	23 Sweet & Sour Salmon Fried Brown Rice Stir Fried Veggies	24 Coconut Breaded Fish Caribbean Rice and Red Beans Roasted Veggies
27 Baked Breaded Fish WW Lo Mein w/ Edamame Bok Choy	28 Baked Fish w/ Black Bean Sauce Mexican Rice Charred Orange Broccoli	29 Mushroom Barley Soup WW Tuna Sandwich Cabbage & Apple Slaw	30 Ginger & Lime Salmon Cucumber & Vermicelli Noodle Salad Mixed Vegetables	31 California Veggie Burger WW Hamburger Bun Roasted Sweet Potato Fries

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