

December 2025 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Cauliflower	2 Spanish Style Baked Fish Spanish Brown Rice & Beans, Mixed Vegetables w/Garlic	3 Butternut squash Soup Black Bean Tacos w/ Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	4 Sweet & Sour Salmon Fried Brown Rice Stir Fried Vegetables	5 Coconut Breaded Fish Caribbean Rice & Red Beans Roasted Cabbage w/ Carrots
8 Baked Breaded Fish WW Lo Mein W/ Edamame Chinese Style Bok Choy	9 Baked Fish w/ Black Bean Sauce, Mexican Rice Charred Orange Broccoli	10 Mushroom Barley Soup WW Tuna Sandwich Cabbage & Apple Slaw	11 Ginger & Lime Salmon Vermicelli Noodles Cucumber Salad, Mixed Vegetables	12 WW Burger Bun, Veggie Burger, Roasted Sweet Potato Fries
15 Baked WW Pen-ne w/ Veggie Sausage, Chard & Mushrooms, WW Bread Italian Blend Vegetables	16 Baked White Fish w/ Garlic Crumb Crust Corn & Edamame Salad Potato Latkes, Donuts	17 Vegetable Soup Cheddar Cheese Slice Veggie Burger WW Burger Bun Sweet Potato Fries	18 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables	19 Breaded Fish Fillet Cumin Spiced Rice Potato, Cauliflower & Pea Curry
22 Mango-licious Fish Brown Rice w/ Pigeon Peas, Cauliflower, Zucchini & Carrots	23 Vegan Breaded Chicken Style Cutlet w/ Mozzarella Cheese, Lettuce & Tomato Italian Blend Vegetables WW Burger Bun	24 Egg Drop Soup Baked Flounder Vegetable Lo Mein Steamed Cauliflower	25  Center is Closed	26 Soft WW Tacos w/ Black Beans & Veggies Cumin Spiced Rice Mixed Vegetables
29 WW Linguine w/ Spinach, Basil, Asparagus, & Peas Zucchini Bread	30 Fish w/ Mushrooms Peppers & Tomatoes Rice w/ Corn Tangy Green Beans	31 White Bean Soup Tuna Salad WW Pita Baby Spinach Salad	January 1, 2026  Center is Closed	January 2, 2026 Curried Stew White Rice Diced Potatoes

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