

January 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 29 WW Linguine w/ Spinach, Basil, Asparagus, & Peas Zucchini Bread	December 30 Fish w/ Mushrooms Peppers & Tomatoes Rice w/ Corn Tangy Green Beans	December 31 White Bean Soup Tuna Salad WW Pita Baby Spinach Salad	1  Center is Closed	2 Curried Stew White Rice Diced Potatoes
5 Sancocho Rice w/ Black Beans (Moro) Corn, Garden Salad	6 Baked Flounder Vegetable Lo Mein Steamed Cauliflower Egg Drop Soup	7 Minestrone Soup Spinach Tortellini w/ Ricotta & Kale Roasted Broccoli WW Bread	8 Pineapple Glazed Salmon Vegetable Couscous Baby Spinach Salad w/Lemon Vinaigrette	9 Baked Eggplant Parmesan WW Bread Root Vegetable Trio
12 Smokey Black Bean & Sweet Potato Chili Cilantro Lime Rice Cauliflower	13 Spanish Style Baked Fish Spanish Brown Rice & Beans Mixed Vegetables w/ Garlic	14 Butternut Squash Soup Black Bean Tacos w/ Tangy Pineapple Salsa Curried Citrus Rice Cabbage Carrot Slaw	15 Sweet & Sour Salmon Fried Brown Rice Stir Fried Vegetables	16 Coconut Breaded Fish Rice & Red Beans Roasted Cabbage w/Carrots
19 MARTIN LUTHER. KING Day Center is Closed	20 Veggie Burger WW Burger Bun Roasted Sweet Potato Fries	21 Mushroom Barley Soup WW Tuna Sandwich Cabbage & Apple Slaw	22 Ginger & Lime Salmon Vermicelli Noodles and Cucumber Salad Vegetable Mix	23 Baked Fish w/ Black Bean Sauce Mexican Rice Broccoli
26 Vegetable Soup Cheddar Cheese Slice Veggie Burger WW Burger Bun Sweet Potato Fries	27 Baked White Fish w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	28 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms WW Bread, Italian Blend Vegetables	29 Baked Salmon w/ Cilantro Citrus Sauce Baked Brown Rice Pilaf California Blend Vegetables	30 Breaded Fish Fillet Cumin Spiced Rice Potato Cauliflower & Pea Curry

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