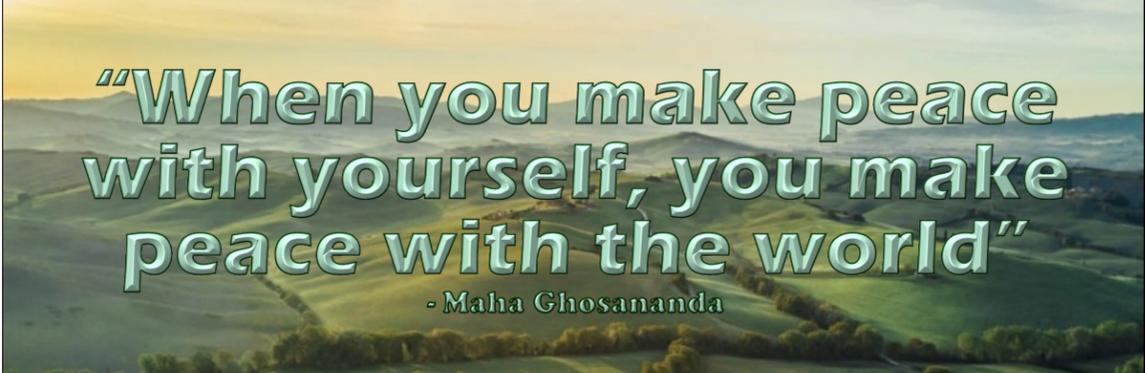


March 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 "Beyond" Veggie Burger WW Burger Bun Sweet Potato Fries	3 Baked Breaded Flounder w/ Black Bean Sauce Mexican Rice Broccoli	4 Mushroom Barley Soup WW Tuna Sandwich Cabbage & Apple Slaw	5 Ginger & Lime Salmon Vermicelli Noodles & Cucumber Salad Vegetable Mix	6 Baked Branzino WW Lo Mein w/ Edamame Bok Choy
9 Soft Tacos w/ Plant Based "Chicken," Black Beans & Veggies Cumin Spiced Rice Mixed Vegetables	10 Baked Branzino w/ Garlic Crumb Crust Vegetable Couscous Corn & Edamame Salad	11 Vegetable Soup Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms, WW Bread Italian Blend Vegetables	12 Baked Salmon w/ Cilantro Citrus Sauce Brown Rice Pilaf Blend Vegetables	13 Breaded Flounder Fillet Cumin Spiced Rice Potato, Cauliflower & Pea Curry
16 "Beyond" Veggie Burger WW Burger Bun Cheddar Cheese Slice Sweet Potato Fries	17 Baked Flounder Vegetable Lo Mein Steamed Cauliflower	18 Vegan Breaded Chicken Style Cutlet, Burger Bun Mozzarella Cheese Lettuce & Tomato Italian Blend Vegetables	19 Baked Salmon w/ Lemon, Tarragon & Thyme Cous Cous Romaine, Kale, Pepper, & Black Olive Salad	20 Mango-licious Branzino Brown Rice w/ Pigeon Peas Spiced Cauliflower Zucchini & Carrots
23 Curried Vegetable Stew White Rice Diced Potatoes	24 Branzino w/ Mushrooms, Peppers & Tomatoes Rice w/ Corn Tangy Green Beans	25 White Bean Soup Tuna Salad, WW Pita Baby Spinach Salad w/ Lemon Vinaigrette	26 Korean BBQ Salmon WW Lo Mein w/ Edamame Broccoli w/ Toasted Garlic	27 WW Linguine w/ Vegetables Zucchini Bread Spinach Salad
30 Sancocho Rice w/ Black Beans Corn, Garden Salad	31 TO BE ANNOUNCED	 <p>"When you make peace with yourself, you make peace with the world" - Maha Ghosananda</p>		

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