

## May 2026 Lunch Menu

| Potatoes  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  |
|---|--|--|---|---|
|  <p><b>Spring is a season of second chances,<br/>                     where nature proves that no matter how<br/>                     harsh the winter, beauty will return</b></p> |  |  |   | 1<br>Soft WW Tacos w/<br>Black Beans &<br>Veggies<br>Cumin Spiced<br>Rice<br>Mixed Vegetables |
| 4<br>WW Linguine w/<br>Mixed<br>Vegetables<br>Zucchini Bread<br>Spinach Salad   | 5<br>Fish w/<br>Mushrooms,<br>Peppers &<br>Tomatoes<br>Rice w/ Corn<br>Tangy Green<br>Beans  | 6<br>White Bean<br>Soup<br>Tuna Salad, WW<br>Pita<br>Baby Spinach<br>Salad w/<br>Lemon<br>Vinaigrette                                    | 7<br>Korean BBQ<br>Salmon<br>WW Lo Mein w/<br>Edamame<br>Broccoli w/<br>Toasted Garlic                    | 8<br>Egg Salad<br>Green Salad<br>WW Bread   |
| 11<br>Sancocho<br>Rice w/ Beans<br>(Moro)<br>Corn<br>Garden Salad   | 12<br>Baked Fish w/<br>Lemon Garlic<br>Butter Sauce<br>Vegetable Lo<br>Mein<br>Israeli Salad | 13<br>Minestrone Soup<br>Spinach<br>Tortellini w/<br>Ricotta & Kale<br>WW Bread<br>Broccoli  | 14<br>Pineapple Glazed<br>Salmon<br>Vegetable<br>Couscous<br>Baby Spinach<br>Salad w/Lemon<br>Vinaigrette | 15<br>Baked Eggplant<br>Parmesan<br>Sandwich on WW<br>Bread<br>Root Vegetable<br>Trio         |
| 18<br>Black Bean &<br>Sweet Potato<br>Chili<br>Cilantro Lime<br>Rice<br>Roasted<br>Cauliflower  | 19<br>Spanish Style<br>Baked Fish<br>Brown Rice &<br>Beans<br>Mixed Vegetables<br>w/ Garlic  | 20<br>Butternut<br>Squash Soup<br>Black Bean<br>Tacos w/<br>Tangy Pineapple<br>Salsa<br>Curried Citrus<br>Rice<br>Cabbage Carrot<br>Slaw | 21<br>Sweet & Sour<br>Salmon<br>Fried Brown Rice<br>Stir Fried<br>Vegetables                              | 22<br>Tuna Salad<br>Green Salad<br>WW Bread   |
| 25<br><br><br><b>Center is<br/>Closed</b>  | 26<br>Veggie Burger<br>WW Burger Bun<br>Sweet Potato<br>Fries                                | 27<br>Mushroom<br>Barley Soup<br>Tuna Salad<br>WW Bread<br>Cabbage &<br>Apple Slaw   | 28<br>Ginger & Lime<br>Salmon<br>Cucumber &<br>Vermicelli<br>Noodle Salad<br>Mixed Vegetables             | 29<br>Baked Fish w/<br>Black Bean Sauce<br>Mexican Rice<br>Broccoli                           |

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