

July 2026 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Fish w/ Fresh Salsa Relish Fried Brown Rice California Blend Vegetables	2 Beef Hamburgers Vegetables, Potato Salad Dessert	3  Center is Closed
		6 Plant-Based Jamaican Oxtail Stew, Coconut Rice WW Bread Spinach Salad w/ Black Beans & Lemon Vinaigrette	7 White Fish w/ Cilantro Chinese Style Vermicelli Noodles, WW Bread Broccoli w/ Toasted Garlic	8 Spinach & White Bean Soup Tuna Salad WW Bread Mixed Green Salad w/ Black Beans & Dressing
13 Puerto Rican "Chicken" Stew (vegetarian) Rice & Beans Mixed Vegetables	14 Lemon Garlic Baked Fish Quinoa w/ Kale & Carrots WW Bread, Roasted Root Vegetables	15 Baked WW Penne w/ Veggie Sausage, Chard & Mushrooms Garlic Bread Spinach Salad w/ Chickpeas & Lemon Vinaigrette	16 Egg Salad WW Pita Bread Arugula Salad w/ Roasted Beets, Carrots & Chickpeas	17 Homemade Breaded Fish Bowtie Pasta w/ Kasha WW Bread California Blend Vegetables
20 Plant-Based Jamaican Oxtail Stew Coconut Rice WW Bread Caribbean Coleslaw	21 Baked Fish w/ Lemon Garlic Butter Sauce Cilantro Lime Rice, WW Bread, Baby Carrots & Parsley	22 California Veggie Burger WW Burger Bun Roasted Spiced Sweet Potato Fries	23 Baked Salmon w/ Cilantro Citrus Sauce Vegetable Couscous, Beets, Arugula & Feta Salad	24 Brazilian Fish Stew White Rice WW Bread
27 Baked Falafel Caribbean Rice & Red Beans Braised Cabbage w/ Apples	28 Baked Sundried Tomato Fish Vegetable Couscous Corn & Edamame Fusion Salad	29 Homemade Coconut Breaded Fish Confetti Brown Rice Capri Blend Vegetables	30 Korean BBQ Salmon Vegetable Lo Mein Broccoli w/ Toasted Garlic	31 WW Tuna Salad Sandwich "Chicken" Noodle Soup Arugula Salad w/ Roasted Beets, Carrots & Chickpea

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